487 kcal

Advanced | 53 min

1		Mountain Climber	60 Seconds
	Rest		20 Seconds
2		Jump Burpees	60 Seconds
	Rest		20 Seconds
3		Jumping Jacks	60 Seconds
	Rest		20 Seconds
4		Jumping Jacks	60 Seconds
5		Burpees	60 Seconds
	Rest		10 Seconds
6		Crunch with pushing hands	60 Seconds

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7		Mountain Climber	60 Seconds
	Rest		20 Seconds
8		Jump Burpees	60 Seconds
	Rest		20 Seconds
9		Reverse Crunch	60 Seconds
10		Jump Burpees	60 Seconds
	Rest		10 Seconds
11		Full vertical crunch	60 Seconds
12		Jumping Jacks	60 Seconds
	Rest		20 Seconds
13		Crunch with hands resting	60 Seconds

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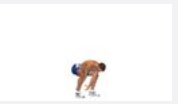
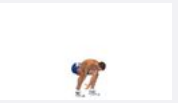
14		Toe Touch Jacks	60 Seconds
15		Alternate hops	60 Seconds

Rest **20 Seconds**

16		Elevated Crunches	60 Seconds
17		Bend and Reach	60 Seconds
18		Elevated Crunches	60 Seconds
19		Bend and Reach	60 Seconds
20		Alternating Beat Abs	60 Seconds

Rest **10 Seconds**

21		Full vertical crunch	60 Seconds
22		Burpees	40 Seconds

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Rest			10 Seconds
23		Cycling Abs	40 Seconds
24		Squat	40 Seconds
25		Alternate crossing of the feet	40 Seconds
26		Full vertical crunch	40 Seconds
27		Jumping Jacks	60 Seconds
Rest			10 Seconds
28		Jump Burpees	60 Seconds
29		Full vertical crunch	45 Seconds
Rest			10 Seconds
30		Reverse Crunch	45 Seconds

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31		Jumping Jacks	60 Seconds
32		Crunch with crossed arms	45 Seconds
33		Butt kicks	60 Seconds
34		Leg Push	45 Seconds

Rest **15 Seconds**

35		Mountain Climber	60 Seconds
36		Reverse Crunch	45 Seconds
37		High knees running in place	60 Seconds
38		Crunch with crossed arms	45 Seconds

Rest **15 Seconds**

39		Jumping Jacks	45 Seconds

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40		Leg Push	45 Seconds
41		Butt kicks	60 Seconds
42		Mountain Climber	60 Seconds
	Rest		15 Seconds
43		Butt kicks	60 Seconds
	Rest		15 Seconds
44		Jumping Jacks	60 Seconds
	Rest		10 Seconds
45		Mountain Climber	60 Seconds
	Rest		10 Seconds
46		Jumping Jacks	60 Seconds
	Rest		10 Seconds

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47		Mountain Climber	60 Seconds

Rest **10 Seconds**

48		Crunch with crossed arms	x60 Reps

Rest **10 Seconds**

49		Crunch with hands resting	x60 Reps

P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
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