50 Kcal

Beginner | 9 min

1		Butt kicks	30 Seconds
	Rest		20 Seconds
2		High knees running in place	15 Seconds
	Rest		20 Seconds
3		Jumping Jack Squat	30 Seconds
	Rest		20 Seconds
4		Power Skips	15 Seconds
	Rest		20 Seconds
5		High knees running in place	15 Seconds
	Rest		20 Seconds

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6		Butt kicks	30 Seconds
	Rest		20 Seconds
7		Alternate hops	30 Seconds
	Rest		20 Seconds
8		Jumping Jacks	20 Seconds
	Rest		20 Seconds
9		Squat jacks	20 Seconds
	Rest		20 Seconds
10		Jumping Jacks	20 Seconds
	Rest		20 Seconds
11		Alternate hops	30 Seconds
	Rest		20 Seconds

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12		High knees running in place	20 Seconds
13		Alternate hops	15 Seconds

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
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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