50 Kcal

Intermediate | 7 min

1		Mountain Climber	30 Seconds
	Rest		10 Seconds
2		High knees running in place	20 Seconds
	Rest		10 Seconds
3		Squat hops	20 Seconds
	Rest		10 Seconds
4		Power Skips	20 Seconds
	Rest		10 Seconds
5		High knees running in place	15 Seconds
	Rest		10 Seconds

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6		Mountain Climber	30 Seconds
		Rest	10 Seconds
7		Alternate hops	30 Seconds
		Rest	10 Seconds
8		Jumping Jacks	25 Seconds
		Rest	10 Seconds
9		Squat jacks	20 Seconds
		Rest	10 Seconds
10		Jumping Jacks	20 Seconds
		Rest	10 Seconds
11		Alternate hops	20 Seconds
		Rest	10 Seconds

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