50 Kcal

Advanced | 5 min

1		Mountain Climber	20 Seconds
2		Jump Burpees	20 Seconds
3		Jumping Jacks	20 Seconds
	Rest		10 Seconds
4		Mountain Climber	30 Seconds
5		Jump Burpees	25 Seconds
6		Alternate hops	25 Seconds
	Rest		10 Seconds
7		Jumping Jacks	30 Seconds

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8		Burpees	30 Seconds
		Rest	10 Seconds
9		Butt kicks	30 Seconds
10		Pulsing Squats	30 Seconds
11		Alternate hops	30 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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