685 kcal

Advanced | 74 min

1		Mountain Climber	60 Seconds
	Rest		20 Seconds
2		Mountain Climber	50 Seconds
	Rest		10 Seconds
3		Mountain Climber	40 Seconds
	Rest		10 Seconds
4		Butt kicks	60 Seconds
5		High knees running in place	60 Seconds
	Rest		10 Seconds
6		Jump Burpees	60 Seconds

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Rest **10 Seconds**

7  ● **Jumping Jacks** **60** Seconds

Rest **10 Seconds**

8  ● **Jumping Jacks** **60** Seconds

Rest **10 Seconds**

9  ● **Jumping Jacks** **60** Seconds

Rest **10 Seconds**

10  ● **Burpees** **60** Seconds

Rest **10 Seconds**

11  ● **Crunch with pushing hands** **60** Seconds

12  ● **Mountain Climber** **60** Seconds

Rest **20 Seconds**

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13		Jump Burpees	60 Seconds

Rest **20 Seconds**

14		Reverse Crunch	60 Seconds
15		Jump Burpees	60 Seconds

Rest **10 Seconds**

16		Full vertical crunch	60 Seconds
17		Jumping Jacks	60 Seconds

Rest **20 Seconds**

18		Crunch with hands resting	60 Seconds
19		Toe Touch Jacks	60 Seconds
20		Alternate hops	60 Seconds

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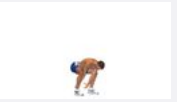
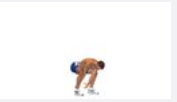
Rest **20 Seconds**

21		Alternate hops	60 Seconds
22		Elevated Crunches	60 Seconds
23		Bend and Reach	60 Seconds
24		Elevated Crunches	60 Seconds
25		Bend and Reach	60 Seconds
26		Alternating Beat Abs	60 Seconds

Rest **10 Seconds**

27		Full vertical crunch	60 Seconds
28		Burpees	60 Seconds

Rest **10 Seconds**

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29		Cycling Abs	60 Seconds
30		Squat	60 Seconds
31		Alternate crossing of the feet	60 Seconds
32		Full vertical crunch	60 Seconds
33		Jumping Jacks	60 Seconds

Rest **10 Seconds**

34		Jump Burpees	60 Seconds
35		Full vertical crunch	60 Seconds

Rest **10 Seconds**

36		Reverse Crunch	60 Seconds
37		Jumping Jacks	60 Seconds

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38		Crunch with crossed arms	60 Seconds

Rest **10 Seconds**

39		Butt kicks	60 Seconds
40		Leg Push	60 Seconds

Rest **15 Seconds**

41		Mountain Climber	60 Seconds
42		Reverse Crunch	60 Seconds

Rest **10 Seconds**

43		High knees running in place	60 Seconds
44		Crunch with crossed arms	45 Seconds

Rest **15 Seconds**

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45		Jumping Jacks	45 Seconds
46		Leg Push	60 Seconds
	Rest		10 Seconds
47		Butt kicks	60 Seconds
48		Mountain Climber	60 Seconds
	Rest		15 Seconds
49		Butt kicks	60 Seconds
	Rest		15 Seconds
50		Jumping Jacks	60 Seconds
	Rest		10 Seconds
51		Mountain Climber	60 Seconds
	Rest		10 Seconds

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52		Jumping Jacks	60 Seconds
		Rest	10 Seconds
53		Mountain Climber	60 Seconds
		Rest	10 Seconds
54		Crunch with crossed arms	x60 Reps
		Rest	10 Seconds
55		Crunch with hands resting	x60 Reps
		Rest	10 Seconds
56		Jumping Jacks	60 Seconds
57		Alternate hops	60 Seconds
		Rest	10 Seconds
58		Jumping Jacks	60 Seconds

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59		Alternate hops	60 Seconds
	Rest		10 Seconds
60		Mountain Climber	40 Seconds
61		Alternate hops	60 Seconds
62		Mountain Climber	60 Seconds
	Rest		10 Seconds
63		Alternate hops	60 Seconds
64		Knee Push Ups - Hands at Chest Width	60 Seconds
	Rest		10 Seconds
65		Knee Push Ups - Hands at Chest Width	60 Seconds
	Rest		10 Seconds

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66		High knees running in place	60 Seconds

P4P

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

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