7 Minute Butt Workout

Beginner | 8 min | 78 Kcal

1		High knees running in place	30 Seconds
Rest			10 Seconds
2		Squat	30 Seconds
Rest			10 Seconds
3		Crisscross Hip Extension	30 Seconds
Rest			10 Seconds
4		Single Leg Bridge	30 Seconds
Rest			10 Seconds
5		Mountain Climber	30 Seconds
Rest			10 Seconds

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6		Superman	30 Seconds
		Rest	10 Seconds
7		Butt kicks	30 Seconds
		Rest	10 Seconds
8		Leg Pull Down	30 Seconds
		Rest	10 Seconds
9		Jump Burpees	30 Seconds
		Rest	10 Seconds
10		Step-Ups Bench / Chair	30 Seconds
		Rest	10 Seconds
11		Jumping Jacks	30 Seconds
		Rest	10 Seconds

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12		Plank	30 Seconds

Quickify

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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