7 Minute Workout

Beginner | 8 min | 78 Kcal

1		Jumping Jacks	30 Seconds
	Rest		10 Seconds
2		Wall Sit	30 Seconds
	Rest		10 Seconds
3		Push-Ups	30 Seconds
	Rest		10 Seconds
4		Abdominal Crunch	30 Seconds
	Rest		10 Seconds
5		Step-Ups Bench / Chair	30 Seconds
	Rest		10 Seconds

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6		Squat	30 Seconds
		Rest	10 Seconds
7		Tricep bench dips Bench / Chair	30 Seconds
		Rest	10 Seconds
8		Plank	30 Seconds
		Rest	10 Seconds
9		High knees running in place	30 Seconds
		Rest	10 Seconds
10		Forward Lunges	30 Seconds
		Rest	10 Seconds
11		Push-ups with torso rotation	30 Seconds
		Rest	10 Seconds

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12		Side 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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