70 Kcal

Intermediate | 7 min

1		Crunch with crossed arms	40 Seconds
2		Reverse Crunch	40 Seconds
3		Butt kicks	30 Seconds
4		Cycling Abs	40 Seconds
5		Leg Push	40 Seconds
6		High knees running in place	35 Seconds
7		Full vertical crunch	35 Seconds
8		Double leg stretch	30 Seconds
9		Jumping Jacks	30 Seconds

Copyright Passion4Profession 2026. All rights reserved.

10		Flutter Kicks	30 Seconds
11		Leg Push	30 Seconds
12		Jumping Jacks	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

Copyright Passion4Profession 2026. All rights reserved.