70 Kcal

Intermediate | 7 min

1		Knee Push Ups - Hands at Chest Width	40 Seconds
2		Mountain Climber	30 Seconds
3		Knee Push Ups	40 Seconds
4		Alternate hops	30 Seconds
5		Diamond Push-Ups (Knees position)	40 Seconds
6		Mountain Climber	10 Seconds
7		Hindu Push Ups	30 Seconds
8		Mountain Climber	30 Seconds
9		Star Push-Ups	30 Seconds

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10		Alternate hops	30 Seconds
11		Diamond Push-Ups (Knees position)	40 Seconds
12		Butt kicks	30 Seconds
13		Knee Push Ups	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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