70 Kcal

Beginner | 9 min

1		Bend and Reach	30 Seconds
2		Alternate hops	30 Seconds
	Rest		15 Seconds
3		Jumping Jack Squat	30 Seconds
4		Mountain Climber	30 Seconds
	Rest		15 Seconds
5		Plié Overhead Squats	30 Seconds
6		Squat Side Kick	15 Seconds
	Rest		15 Seconds
7		Pulsing Squats	40 Seconds

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Rest **15 Seconds**

8  **Alternate hops** **40** Seconds

Rest **15 Seconds**

9  **Mountain Climber** **30** Seconds

Rest **15 Seconds**

10  **Pulsing Squats** **40** Seconds

Rest **20 Seconds**

11  **Squat jacks** **35** Seconds

Rest **20 Seconds**

12  **Squat jacks** **30** Seconds

Rest **20 Seconds**

13  **High knees running in place** **30** Seconds

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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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