70 Kcal

Beginner | 9 min | 88 Kcal

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

Copyright Passion4Profession 2026. All rights reserved.

	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

Copyright Passion4Profession 2026. All rights reserved.



Burnify

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.