70 Kcal

Beginner | 7 min

1		Reverse hip extension	40 Seconds
2		Bend and Reach	40 Seconds
	Rest		15 Seconds
3		Single Leg Bridge	10 Seconds
4		Pulsing Squats	40 Seconds
	Rest		15 Seconds
5		Bridge with Feet Together	40 Seconds
6		Plié Overhead Squats	40 Seconds
	Rest		15 Seconds
7		Switch Sides	10 Seconds

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8		Plié Overhead Squats	40 Seconds

Rest **15 Seconds**

9		Lateral swings with straight leg	10 Seconds
10		Pulsing Squats	40 Seconds

Rest **15 Seconds**

11		Concentrated hip extension	15 Seconds
12		Pulsing Squats	40 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.

Download the app

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