8 Minutes

Beginner | 7 min

1		Hip Extension Bent Knee	x15 Reps
2		Bridge	x20 Reps
	Rest		30 Seconds
3		Forward Lunges	x5 Reps
4		Hip Extension Bent Knee	x15 Reps
	Rest		30 Seconds
5		Bridge	x20 Reps
6		Forward Lunges	x5 Reps
	Rest		30 Seconds
7		Hip Extension Bent Knee	x15 Reps

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8		Forward Lunges	x5 Reps

Rest **30 Seconds**

9		Bridge	x20 Reps
10		Reverse hip extension	x20 Reps

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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