8 Minutes

Beginner | 8 min

1		Butt kicks	20 Seconds
2		Calf Raises	x15 Reps
3		Squat	x10 Reps

Rest 30 Seconds

4		Butt kicks	20 Seconds
5		Calf Raises	x15 Reps
6		Squat	x10 Reps

Rest 30 Seconds

7		Forward Lunges	x10 Reps

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8		Calf Raises	x15 Reps
9		Squat	x10 Reps

Rest **30 Seconds**

10		Lateral Lunge	x8 Reps
11		Butt kicks	20 Seconds
12		Calf Raises	x15 Reps

Rest **30 Seconds**

13		Forward Lunges	x10 Reps
14		High knees running in place	20 Seconds
15		Calf Raises	x15 Reps

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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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