8 Minutes - Level 2

Intermediate | 5 min

1		Concentrated hip extension	x15 Reps
2		Bridge	x15 Reps
3		Forward Lunges	x10 Reps

Rest **20 Seconds**

4		Forward Lunges	x10 Reps
5		Concentrated hip extension	x20 Reps
6		Forward Lunges	x10 Reps

Rest **20 Seconds**

7		Concentrated hip extension	x15 Reps

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8		Bridge	x25 Reps
9		Forward Lunges	x10 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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