8 Minutes - Level 2

Intermediate | 7 min

1		Jumping Jacks	20 Seconds
2		Squat	x20 Reps
3		Calf Raises	x20 Reps

Rest 20 Seconds

4		Butt kicks	20 Seconds
5		Bridge Calf Raise	x20 Reps
6		Squat Side Kick	x20 Reps

Rest 20 Seconds

7		Bridge Calf Raise	x20 Reps

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8		Squat	x20 Reps

Rest **20 Seconds**

9		Lateral Lunge	x6 Reps
10		Calf Raises	x20 Reps
11		Bridge Calf Raise	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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