8 Minutes - Level 3

Advanced | 6 min

1		Squat	x15 Reps
2		Side kick with bent knee	x15 Reps
3		Leg Pull Down	x15 Reps

Rest 15 Seconds

4		Bridge	x15 Reps
5		Forward Lunges	x15 Reps
6		Concentrated hip extension	x15 Reps

Rest 15 Seconds

7		Leg Pull Down	x15 Reps

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8		Lateral Lunge	x15 Reps
9		Squat	x15 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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