8 Minutes - Level 3

Advanced | 6 min

1		Bridge Calf Raise	x20 Reps
2		Squat	x20 Reps
3		Calf Raises	x20 Reps

Rest 15 Seconds

4		Squat Side Kick	x15 Reps
5		Calf Raises	x20 Reps
6		Lateral Lunge	x15 Reps

Rest 15 Seconds

7		Mountain Climber	x20 Reps

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8		Squat	x20 Reps
9		Forward Lunges	x10 Reps
10		Squat Side Kick	x15 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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