Boot Camp

Beginner | 8 min

1		Bend and Reach	30 Seconds
	Rest		10 Seconds
2		Mountain Climber	30 Seconds
	Rest		10 Seconds
3		Push-Ups	30 Seconds
	Rest		10 Seconds
4		V Sit-Ups	30 Seconds
	Rest		10 Seconds
5		Wall Sit	30 Seconds
	Rest		10 Seconds

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6		Commando Plank	30 Seconds
	Rest		10 Seconds
7		Flutter Kicks	30 Seconds
	Rest		10 Seconds
8		Pulsing Squats	30 Seconds
	Rest		10 Seconds
9		Spiderman Push-Ups	30 Seconds
	Rest		10 Seconds
10		Supine Bicycles	30 Seconds
	Rest		10 Seconds
11		Split Jumps	30 Seconds
	Rest		10 Seconds

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12		Jump Tucks	30 Seconds

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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