# Boot Camp

Beginner | 8 min | 78 Kcal

| | | | |
|---|---|---|---|
| 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 |

## Quickify

**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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