Burn 500 Calories A Day Fast - 30 min

Intermediate | 30 min | 294 Kcal

1		High knees running in place	60 Seconds
	Rest		10 Seconds
2		Jumping Jacks	60 Seconds
	Rest		10 Seconds
3		Power Skips	60 Seconds
	Rest		10 Seconds
4		Alternate hops	60 Seconds
	Rest		10 Seconds
5		Toe Touch Jacks	60 Seconds
	Rest		10 Seconds

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6		Butt kicks	60 Seconds
		Rest	10 Seconds
7		Mountain Climber	60 Seconds
		Rest	10 Seconds
8		Jumping Jack Squat	60 Seconds
		Rest	10 Seconds
9		Jump Tucks	60 Seconds
		Rest	10 Seconds
10		Toe Touch Jacks	60 Seconds
		Rest	10 Seconds
11		Squat Side Kick	60 Seconds
		Rest	10 Seconds

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12		Pulsing Squats	60 Seconds
		Rest	10 Seconds
13		Bend and Reach	60 Seconds
		Rest	10 Seconds
14		Jumping Jacks	60 Seconds
		Rest	10 Seconds
15		Power Skips	60 Seconds
		Rest	10 Seconds
16		Alternate hops	60 Seconds
		Rest	10 Seconds
17		Toe Touch Jacks	60 Seconds
		Rest	10 Seconds

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18		Butt kicks	60 Seconds
		Rest	10 Seconds
19		Mountain Climber	60 Seconds
		Rest	10 Seconds
20		Jumping Jack Squat	60 Seconds
		Rest	10 Seconds
21		Jump Tucks	60 Seconds
		Rest	10 Seconds
22		Toe Touch Jacks	60 Seconds
		Rest	10 Seconds
23		Squat Side Kick	60 Seconds
		Rest	10 Seconds

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24		Pulsing Squats	60 Seconds

Rest **10 Seconds**

25		Bend and Reach	60 Seconds

Rest **10 Seconds**

26		Jumping Jacks	60 Seconds

Abify

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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