Butt & Legs

Beginner | 7 min

1		Bridge	x15 Reps
2		Forward Lunges	x6 Reps
3		Prone Leg Lift Alternated	x4 Reps

Rest 30 Seconds

4		Squat	x20 Reps
5		Prone Leg Lift Alternated	x5 Reps
6		Forward Lunges	x6 Reps

Rest 30 Seconds

7		Prone Leg Lift Alternated	x6 Reps

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8		Squat	x14 Reps

Rest 30 Seconds

9		Bridge Calf Raise	x20 Reps
10		Pulse Lunges	x10 Reps
11		Lateral swings with straight leg	x10 Reps

Rest 30 Seconds

12		Pulse Lunges	x10 Reps
13		Lateral swings with straight leg	x10 Reps
14		Bridge Calf Raise	x20 Reps

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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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