Christmas Workout 2025

Beginner | 1 min | 10 Kcal

1		Rear Lunge to High Knee	x2 Reps
	Rest		5 Seconds
2		Rear Lunge to High Knee	x4 Reps

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

Copyright Passion4Profession 2026. All rights reserved.