fat_burn_aerobic_10_min_test

Beginner | 11 min | 108 Kcal

1		High knees running in place	30 Seconds
	Rest		10 Seconds
2		Mountain Climber	20 Seconds
	Rest		10 Seconds
3		Bend and Reach	30 Seconds
4		Squat hops	30 Seconds
	Rest		20 Seconds
5		Foot 2 Foot Crunch	60 Seconds
	Rest		10 Seconds
6		Jumping Jacks	30 Seconds

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7		Butt kicks	30 Seconds
		Rest	20 Seconds
8		Foot 2 Foot Crunch	60 Seconds
		Rest	10 Seconds
9		Jumping Lunge	30 Seconds
10		Alternating side steps	30 Seconds
		Rest	10 Seconds
11		High knees running in place	60 Seconds
		Rest	10 Seconds
12		Foot 2 Foot Crunch	60 Seconds
		Rest	10 Seconds
13		Butt kicks	60 Seconds

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14		Jumping Jacks	30 Seconds

Chestify

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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