Full Body Fat Loss Standing Workout

Beginner | 8 min | 78 Kcal

1		High knees running in place	30 Seconds
2		Squat	30 Seconds
3		Alternating side steps	30 Seconds
4		Alternate hops	30 Seconds
5		Jumping Lunge	30 Seconds
6		Lateral Lunge	30 Seconds
7		Squat Side Kick	30 Seconds
8		Calf Raises	30 Seconds
9		Squat jacks	30 Seconds

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10		Jumping Jacks	30 Seconds
11		Butt kicks	30 Seconds
12		Jumping Jack Squat	30 Seconds
13		Jump Tucks	30 Seconds
14		Bend and Reach	30 Seconds
15		Split Jumps	30 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.

Download the app

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