Get Ripped

Beginner | 9 min

1		Jumping Jacks	30 Seconds
	Rest		10 Seconds
2		Crunch with crossed arms	x20 Reps
3		Reverse Crunch	x20 Reps
	Rest		10 Seconds
4		Jumping Jacks	30 Seconds
	Rest		10 Seconds
5		Crunch with crossed arms	x25 Reps
6		Reverse Crunch	x25 Reps
	Rest		10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

7		Jumping Jacks	30 Seconds
		Rest	10 Seconds
8		Crunch with crossed arms	x30 Reps
9		Reverse Crunch	x30 Reps
		Rest	10 Seconds
10		Jumping Jacks	30 Seconds
		Rest	10 Seconds
11		Crunch Elbow towards Knee – Alternated	30 Seconds
		Rest	10 Seconds
12		Crunch Elbow towards Knee – Alternated	30 Seconds

Copyright Passion4Profession 2026. All rights reserved.



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

Copyright Passion4Profession 2026. All rights reserved.