Hottie

Intermediate | 9 min

1		Concentrated hip extension	x10 Reps
	Rest		10 Seconds
2		Concentrated hip extension	x10 Reps
	Rest		10 Seconds
3		Crunch with pushing hands	x30 Reps
4		Alternate crossing of the feet	30 Seconds
	Rest		10 Seconds
5		Single Leg Bridge	x10 Reps
	Rest		10 Seconds
6		Single Leg Bridge	x10 Reps

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7		Crunch with pushing hands	x25 Reps
8		Alternate crossing of the feet	30 Seconds
	Rest		10 Seconds
9		Reverse hip extension	x25 Reps
	Rest		10 Seconds
10		Reverse hip extension	x25 Reps
	Rest		10 Seconds
11		Crunch with pushing hands	x25 Reps
12		Alternate crossing of the feet	30 Seconds
	Rest		10 Seconds
13		Single Leg Stretch	40 Seconds

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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

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