How to Get a Toned Body at Home - Man Edition

Beginner | 4 min | 60 Kcal

1		Calf Raises	20 Seconds
2		Pulsing Squats	20 Seconds
3		Mountain Climber	20 Seconds
4		Reverse hip extension	20 Seconds
5		Crunch with vertical legs and touch of the ankles	20 Seconds
6		Reverse Crunch	20 Seconds
7		Diamond Push-Ups (Knees position)	20 Seconds
8		Buzz Saw Planks	20 Seconds
9		Push Up - Hands at Chest Width	20 Seconds

Copyright Passion4Profession 2026. All rights reserved.

10		Tricep bench dips Bench / Chair	20 Seconds
11		Spiderman Push-Ups	20 Seconds
12		Side Plank Rotation	20 Seconds
13		Burpees	20 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.

- 🎬 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.