How to Get a Toned Body at Home - Women Edition

Beginner | 5 min | 60 Kcal

1		Bridge Calf Raise	20 Seconds
2		Single Leg Bridge	20 Seconds
3		Reverse hip extension	20 Seconds
4		Bridge	20 Seconds
5		Pulsing Squats	20 Seconds
6		Elevated Crunches	20 Seconds
7		Reverse Crunch	20 Seconds
8		Diamond Push-Ups (Knees position)	20 Seconds
9		Buzz Saw Planks	20 Seconds

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10		Spiderman Push-Ups	20 Seconds
11		Switch Kicks	20 Seconds
12		Side Plank Rotation	20 Seconds
13		Lumbar stretch with knees rotation	20 Seconds
14		Superman	20 Seconds
15		Mountain Climber	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.

Download the app

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