Insane

Advanced | 12 min

1		Plié Overhead Squats	x30 Reps
Rest			20 Seconds
2		Plié Overhead Squats	x30 Reps
Rest			20 Seconds
3		Plié Overhead Squats	x30 Reps
Rest			20 Seconds
4		Lateral swings with straight leg	x10 Reps
Rest			10 Seconds
5		Lateral swings with straight leg	x10 Reps
Rest			10 Seconds

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6		Lateral swings with straight leg	x10 Reps
Rest			20 Seconds
7		Single Leg Bridge	x10 Reps
Rest			10 Seconds
8		Single Leg Bridge	x10 Reps
Rest			10 Seconds
9		Single Leg Bridge	x10 Reps
Rest			20 Seconds
10		Concentrated hip extension	x10 Reps
Rest			10 Seconds
11		Concentrated hip extension	x10 Reps
Rest			10 Seconds

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12  Concentrated hip extension x10 Reps

Rest 20 Seconds

13  Pulsing Squats 30 Seconds

Rest 10 Seconds

14  Pulsing Squats 30 Seconds

Rest 10 Seconds

15  Pulsing Squats 30 Seconds

Rest 10 Seconds

16  Pulsing Squats 30 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

Download the app

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