Insane

Advanced | 12 min | 118 Kcal

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

Buttify

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 dy

Download the app

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