Insane

Advanced | 10 min

1		Mountain Climber	30 Seconds
		Rest	20 Seconds
2		Mountain Climber	30 Seconds
		Rest	20 Seconds
3		Mountain Climber	30 Seconds
		Rest	20 Seconds
4		Forward Lunges	x10 Reps
		Rest	10 Seconds
5		Forward Lunges	x10 Reps
		Rest	10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

6		Forward Lunges	x10 Reps
	Rest		20 Seconds
7		Mountain Climber	15 Seconds
	Rest		15 Seconds
8		Mountain Climber	15 Seconds
	Rest		15 Seconds
9		Mountain Climber	15 Seconds
	Rest		20 Seconds
10		Forward Lunges	x10 Reps
	Rest		10 Seconds
11		Forward Lunges	x10 Reps
	Rest		10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

12		Forward Lunges	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

Copyright Passion4Profession 2026. All rights reserved.



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

Copyright Passion4Profession 2026. All rights reserved.