Insane

Advanced | 10 min | 98 Kcal

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

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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

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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

Legify

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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