Legs + Abs + Butt - Level 3

Advanced | 15 min | 147 Kcal

1		Squat Side Kick	x20 Reps
	Rest		10 Seconds
2		Superman	x20 Reps
	Rest		10 Seconds
3		Mountain Climber	31 Seconds
	Rest		10 Seconds
4		Bridge	x30 Reps
	Rest		10 Seconds
5		Alternate crossing of the feet	30 Seconds
	Rest		10 Seconds

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6		Leg Pull Down	x10 Reps
		Rest	10 Seconds
7		Single Leg Bridge	x10 Reps
		Rest	10 Seconds
8		Lateral swings with straight leg	x10 Reps
		Rest	0 Seconds
9		Bend and Reach	30 Seconds
		Rest	0 Seconds
10		Switch Sides	x10 Reps
		Rest	10 Seconds
11		Supine Bicycles	x30 Reps
		Rest	10 Seconds

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12		Plié Overhead Squats	x10 Reps
		Rest	0 Seconds
13		Switch Kicks	30 Seconds
		Rest	10 Seconds
14		Stutter Steps	30 Seconds
		Rest	10 Seconds
15		Side Jackknives	x10 Reps
		Rest	10 Seconds
16		Leg Spreaders	x25 Reps
		Rest	10 Seconds
17		Jumping Lunge	30 Seconds
		Rest	20 Seconds

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18		Plié Overhead Squats	x30 Reps

Rest 10 Seconds

19		Single Leg Bridge	x8 Reps
20		Switch Sides	x8 Reps

Rest 15 Seconds

21		Bridge with Feet Together	x20 Reps
22		Legs elevation in 4 strokes	x20 Reps

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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