Legs + Abs + Butt - Level 3

Advanced | 15 min

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
9		Bend and Reach	30 Seconds
10		Switch Sides	x10 Reps
	Rest		10 Seconds
11		Supine Bicycles	x30 Reps
	Rest		10 Seconds
12		Plié Overhead Squats	x10 Reps

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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
18		Plié Overhead Squats	x30 Reps
		Rest	10 Seconds

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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

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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