Lose Fat

Intermediate | 8 min

1		Rotating Bicep Curl Dumbbell	30 Seconds
2		Dumbbell Triceps Extension Dumbbell	30 Seconds
		Rest	15 Seconds
3		Tricep bench dips Bench / Chair	x20 Reps
		Rest	15 Seconds
4		Rotating Bicep Curl Dumbbell	30 Seconds
5		Dumbbell Triceps Extension Dumbbell	30 Seconds
		Rest	15 Seconds
6		Tricep bench dips Bench / Chair	x20 Reps
		Rest	15 Seconds

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7		Alternating Hammer Curls Dumbbell	30 Seconds
8		Triceps Kickbacks Dumbbell	30 Seconds
	Rest		15 Seconds
9		Tricep bench dips Bench / Chair	x20 Reps
	Rest		15 Seconds
10		Dumbbell Triceps Extension Dumbbell	30 Seconds
11		Triceps Kickbacks Dumbbell	30 Seconds
12		Tricep bench dips Bench / Chair	30 Seconds

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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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