Lower Body

Intermediate | 8 min | 78 Kcal

1		Mountain Climber	30 Seconds
		Rest	10 Seconds
2		Crunch Elbow towards Knee – Alternated	30 Seconds
		Rest	10 Seconds
3		Jumping Lunge	30 Seconds
		Rest	10 Seconds
4		Butt kicks	30 Seconds
		Rest	10 Seconds
5		Squat hops	30 Seconds
		Rest	10 Seconds

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6		Wall Sit	30 Seconds
		Rest	10 Seconds
7		Squat Side Kick	30 Seconds
		Rest	10 Seconds
8		Dumbbell Squat Dumbbell	30 Seconds
		Rest	10 Seconds
9		Prone Leg Lift Alternated	30 Seconds
		Rest	10 Seconds
10		Lateral Lunge	30 Seconds
		Rest	10 Seconds
11		High knees running in place	30 Seconds
		Rest	10 Seconds

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12		Lateral swings with straight leg	30 Seconds

Quickify

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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