Muscle Factory

Intermediate | 10 min

1		Reverse Lunge	x20 Reps
Rest			20 Seconds
2		Reverse Lunge	x20 Reps
Rest			20 Seconds
3		Reverse Lunge	x20 Reps
Rest			60 Seconds
4		Pulsing Squats	15 Seconds
Rest			15 Seconds
5		Pulsing Squats	15 Seconds
Rest			15 Seconds

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6		Pulsing Squats	14 Seconds
		Rest	60 Seconds
7		Forward Lunges	x15 Reps
		Rest	10 Seconds
8		Forward Lunges	x15 Reps
		Rest	10 Seconds
9		Forward Lunges	x15 Reps
		Rest	60 Seconds
10		Concentrated hip extension	x10 Reps
		Rest	10 Seconds
11		Concentrated hip extension	x10 Reps
		Rest	10 Seconds

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12		Concentrated hip extension	x10 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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