Muscle Factory

Intermediate | 11 min

1		Squats up against the wall	x30 Reps
	Rest		40 Seconds
2		Squats up against the wall	x30 Reps
	Rest		40 Seconds
3		Squats up against the wall	x30 Reps
	Rest		60 Seconds
4		Pulsing Squats	30 Seconds
	Rest		60 Seconds
5		Forward Lunges	x7 Reps
	Rest		40 Seconds

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6		Forward Lunges	x7 Reps
Rest			40 Seconds
7		Forward Lunges	x7 Reps
Rest			60 Seconds
8		Rear Lunge to Kick	x10 Reps
Rest			10 Seconds
9		Rear Lunge to Kick	x10 Reps
Rest			10 Seconds
10		Rear Lunge to Kick	x10 Reps

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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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