Muscle Factory

Intermediate | 11 min | 108 Kcal

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

Legify

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 dy

Download the app

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