Pyramid

Advanced | 5 min

1		Forward Lunges	x15 Reps
Rest			30 Seconds
2		Forward Lunges	x12 Reps
Rest			25 Seconds
3		Forward Lunges	x10 Reps
Rest			20 Seconds
4		Forward Lunges	x8 Reps
Rest			15 Seconds
5		Forward Lunges	x5 Reps
Rest			30 Seconds

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6		Squat	x15 Reps

Rest 10 Seconds

7		Squat	x10 Reps

Rest 5 Seconds

8		Squat	x5 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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