Ready for summer

Intermediate | 2 min

1		Lateral swings with straight leg	20 Seconds
	Rest		20 Seconds
2		Crisscross Hip Extension	20 Seconds
	Rest		20 Seconds
3		Leg Pull Down	20 Seconds
	Rest		20 Seconds
4		Single Leg Bridge	20 Seconds

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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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