Ready for summer

Intermediate | 2 min | 20 Kcal

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

Buttify

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.

Download the app

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