Ready for summer

Intermediate | 3 min | 29 Kcal

1		Pulse Lunges	20 Seconds
	Rest		20 Seconds
2		Mountain Climber	40 Seconds
	Rest		20 Seconds
3		Squats up against the wall	40 Seconds
	Rest		20 Seconds
4		Alternating side steps	40 Seconds

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 dynamic and more vivid experience.

Download the app

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