Ready for summer - Level 2

Advanced | 10 min

1		Single Leg Bridge	x10 Reps
2		Reverse hip extension	x30 Reps
	Rest		20 Seconds
3		Pulse Lunges	x10 Reps
4		Leg Pull Down	x10 Reps
	Rest		20 Seconds
5		Bridge with Feet Together	x30 Reps
	Rest		15 Seconds
6		Bridge with Feet Together	x30 Reps
	Rest		15 Seconds

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7		Forward Lunges	x10 Reps
Rest			15 Seconds
8		Squat	x30 Reps
Rest			15 Seconds
9		Forward Lunges	x10 Reps
Rest			15 Seconds
10		Squat	x30 Reps
Rest			15 Seconds
11		Forward Lunges	x10 Reps
Rest			15 Seconds
12		Squat	x30 Reps

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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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