SuperSet

Intermediate | 6 min

1		Forward Lunges	x20 Reps
2		Reverse hip extension	x30 Reps
	Rest		40 Seconds
3		Forward Lunges	x20 Reps
4		Reverse hip extension	x30 Reps
	Rest		40 Seconds
5		Forward Lunges	x20 Reps
6		Reverse hip extension	x30 Reps

Copyright Passion4Profession 2026. All rights reserved.



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

Copyright Passion4Profession 2026. All rights reserved.