The 7 Minute Full Body Booster – Reinvented by ...

Beginner | 7 min | 69 Kcal

1		Jumping Jacks	20 Seconds
	Rest		10 Seconds
2		Push-Ups	20 Seconds
	Rest		10 Seconds
3		Hindu Push Ups	20 Seconds
	Rest		10 Seconds
4		Butt kicks	20 Seconds
	Rest		10 Seconds
5		Side Plank Rotation	20 Seconds
	Rest		10 Seconds

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6		Diamond Push-Ups (Knees position)	20 Seconds
		Rest	10 Seconds
7		Jumping Jacks	20 Seconds
		Rest	10 Seconds
8		Switch Kicks	20 Seconds
		Rest	10 Seconds
9		Abdominal Crunch	20 Seconds
		Rest	10 Seconds
10		Jumping Jacks	20 Seconds
		Rest	10 Seconds
11		Crunch with vertical legs and touch of the ankles	20 Seconds
		Rest	10 Seconds

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12		Burpees	20 Seconds

Rest 10 Seconds

13		Squat	20 Seconds

Rest 10 Seconds

14		High knees running in place	20 Seconds

Abify

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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