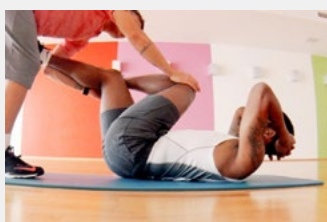


FEEL THE BURN WITH DOUGLAS COSTA

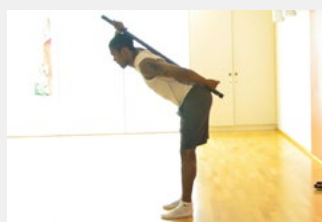
 WATCH THE WORKOUT VIDEO

WARM UP



1. STATIC/DYNAMIC STRETCHING

 5 MIN



2. HAMSTRING DYNAMIC STRETCH

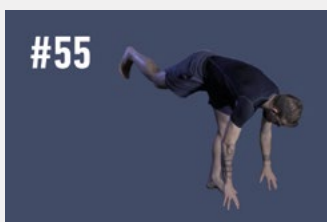
 **BEG:** 10 REP
INT: 12 REP
ADV: 15 REP



3. SIT DOWN SQUATS

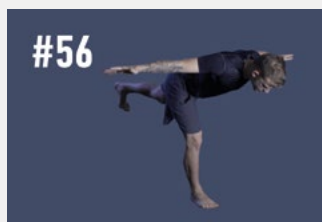
 **BEG:** 10 REP
INT: 12 REP
ADV: 15 REP

WORKOUT



4. SINGLE LEG TOE TOUCHES (RIGHT LEG)

 **BEG:** 10 REP
INT: 12 REP
ADV: 15 REP



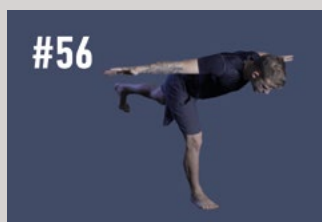
5. AIRPLANE POSE (RIGHT LEG)

 **BEG:** 15 SEC
INT: 30 SEC
ADV: 45 SEC



6. SINGLE LEG TOE TOUCHES (LEFT LEG)

 **BEG:** 10 REP
INT: 12 REP
ADV: 15 REP



7. AIRPLANE POSE (LEFT LEG)

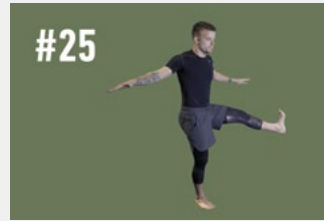
 **BEG:** 15 SEC
INT: 30 SEC
ADV: 45 SEC

REST FOR 20 SECONDS (CONTINUE ONTO NEXT PAGES)



8. FRONTAL SHORT KICKS

☑ BEG: 10 REP
INT: 12 REP
ADV: 15 REP



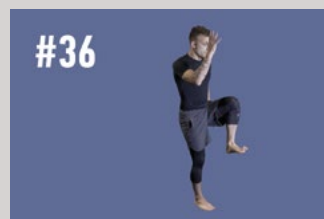
9. DIAGONAL SHORT KICKS

☑ BEG: 10 REP
INT: 12 REP
ADV: 15 REP



10. REVERSE TWISTED LUNGE AND REACH

☑ BEG: 3 REP
INT: 5 REP
ADV: 7 REP



11. REVERSE LUNGE KNEE UP (RIGHT LEG)

☑ BEG: 8 REP
INT: 12 REP
ADV: 15 REP



12. KNEE UPS (RIGHT LEG)

☑ BEG: 8 REP
INT: 10 REP
ADV: 12 REP



13. REVERSE LUNGE KNEE UP (LEFT LEG)

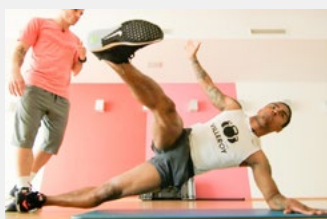
☑ BEG: 8 REP
INT: 12 REP
ADV: 15 REP



14. KNEE UPS (LEFT LEG)

☑ BEG: 8 REP
INT: 10 REP
ADV: 12 REP

REST FOR 30 SECONDS



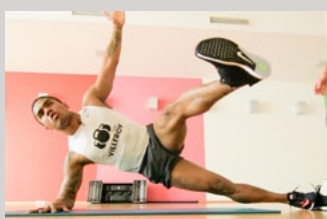
15. SIDE PLANK WITH FRONTAL KICKS (RIGHT LEG)

☑ BEG: 3 REP
INT: 5 REP
ADV: 10 REP



16. SIDE PLANK WITH DIAGONAL KICKS (RIGHT LEG)

☑ BEG: 3 REP
INT: 5 REP
ADV: 10 REP



17. SIDE PLANK WITH FRONTAL KICKS (LEFT LEG)

☑ BEG: 3 REP
INT: 5 REP
ADV: 10 REP



18. SIDE PLANK WITH DIAGONAL KICKS (LEFT LEG)

☑ BEG: 3 REP
INT: 5 REP
ADV: 10 REP

REST FOR 20 SECONDS



#17

19. SUPERMAN CRUNCHES

☑ BEG: 8 REP
INT: 12 REP
ADV: 15 REP



20. LEG RAISES

☑ BEG: 6 REP
INT: 8 REP
ADV: 10 REP



#19

21. DIAGONAL FLUTTER KICKS

☑ BEG: 6 REP
INT: 8 REP
ADV: 10 REP

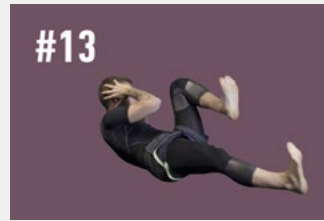
REST FOR 10 SECONDS



#18

22. FLUTTER KICKS

☑ BEG: 6 REP
INT: 8 REP
ADV: 10 REP

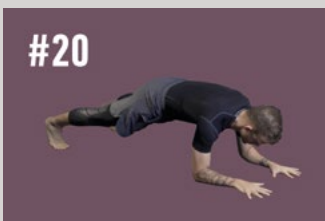


#13

23. BICYCLE CRUNCHES

☑ BEG: 10 REP
INT: 20 REP
ADV: 30 REP

REST FOR 20 SECONDS



#20

24. PLANK PUSH-UPS

☑ BEG: 5 REP
INT: 10 REP
ADV: 12 REP



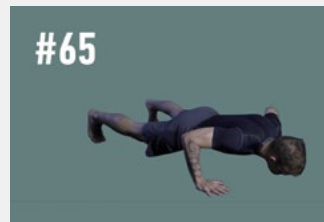
25. EXTENDED PLANK WITH KNEE LOWERING

☑ BEG: 3 REP
INT: 5 REP
ADV: 7 REP



26. EXTENDED PLANK

🕒 BEG: 5 SEC
INT: 10 SEC
ADV: 15 SEC



#65

27. PUSH UP BURPEES

☑ BEG: 3 REP
INT: 5 REP
ADV: 7 REP

1 MINUTE PAUSE