

# FitGen

Your personalized daily workout generator



## Tip of the Day

Listen to your body - rest when you need to.

## Your Custom Workout Plan

Print

### Plan Summary

Duration

**30 minutes**

Level

**Intermediate**

Goal

**Weight Loss**

Exercises

**6**

### Workout Plan



#### Warm-up

3 minutes of light cardio and dynamic stretches



#### Burpees

4 minutes | Calorie burning

1



#### Mountain Climbers

4 minutes | Calorie burning

2



#### Cool-down


2 minutes of stretching and deep breathing



Plan saved to your email

We've sent this workout plan to seanlovemore36@gmail.com

 **Create New Plan**

 **Coach Admin Panel**

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