1&1

Beginner | 4 min | 39 Kcal

1		Crunch with pushing hands	60 Seconds
	Rest		20 Seconds
2		Foot 2 Foot Crunch	60 Seconds
	Rest		20 Seconds
3		Alternate crossing of the feet	60 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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