100 Crunch Challenge

Advanced | 4 min | 39 Kcal

1		Crunch with pushing hands	x25 Reps
	Rest		15 Seconds
2		Crunch with pushing hands	x25 Reps
	Rest		15 Seconds
3		Crunch with pushing hands	x25 Reps
	Rest		15 Seconds
4		Crunch with pushing hands	x25 Reps

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.

Download the app

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