2&2

Intermediate | 7 min

1		Full vertical crunch	60 Seconds
	Rest		15 Seconds
2		Full vertical crunch	60 Seconds
	Rest		15 Seconds
3		Foot 2 Foot Crunch	60 Seconds
	Rest		15 Seconds
4		Foot 2 Foot Crunch	60 Seconds
	Rest		15 Seconds
5		Leg Push	60 Seconds
	Rest		15 Seconds

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6		Leg Push	60 Seconds

P4P

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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