3&3

Advanced | 10 min

1		Crunch with vertical legs and touch of the ankles	60 Seconds
	Rest		10 Seconds
2		Crunch with vertical legs and touch of the ankles	60 Seconds
	Rest		10 Seconds
3		Crunch with vertical legs and touch of the ankles	60 Seconds
	Rest		10 Seconds
4		Crunch Elbow towards Knee – Alternated	60 Seconds
	Rest		10 Seconds
5		Crunch Elbow towards Knee – Alternated	60 Seconds
	Rest		10 Seconds

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6		Crunch Elbow towards Knee – Alternated	60 Seconds
		Rest	10 Seconds
7		Legs elevation in 4 strokes	60 Seconds
		Rest	10 Seconds
8		Legs elevation in 4 strokes	60 Seconds
		Rest	10 Seconds
9		Legs elevation in 4 strokes	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.

Download the app

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