4 Exercises to lose belly fat

Beginner | 5 min | 49 Kcal

1		Jumping Jacks	30 Seconds
2		Cycling Abs	30 Seconds
	Rest		10 Seconds
3		High knees running in place	30 Seconds
4		Alternate crossing of the feet	30 Seconds
	Rest		10 Seconds
5		Jumping Jacks	30 Seconds
6		Cycling Abs	30 Seconds
	Rest		10 Seconds
7		High knees running in place	30 Seconds

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8  Alternate crossing of the feet 30 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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