7 Minute Workout - Level 2

Beginner | 8 min | 78 Kcal

1		Squat hops	30 Seconds
	Rest		10 Seconds
2		Reverse hip extension	30 Seconds
	Rest		10 Seconds
3		Diamond Push-Ups (Knees position)	30 Seconds
	Rest		10 Seconds
4		Single Leg Stretch	30 Seconds
	Rest		10 Seconds
5		Pulse Lunges	30 Seconds
	Rest		10 Seconds

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6		Bridge with Feet Together	30 Seconds
		Rest	10 Seconds
7		Push Up - Feet on Bench Bench / Chair	30 Seconds
		Rest	10 Seconds
8		Floor Wiper	30 Seconds
		Rest	10 Seconds
9		Jumping Jack Squat	30 Seconds
		Rest	10 Seconds
10		Switch Sides	30 Seconds
		Rest	10 Seconds
11		Push Up - Hands at Chest Width	30 Seconds
		Rest	10 Seconds

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12		Leg Push	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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