8 Minutes

Beginner | 8 min | 78 Kcal

1		Foot 2 Foot Crunch	x15 Reps
2		Alternating Crunch	x15 Reps

Rest 30 Seconds

3		Crunch with pushing hands	x30 Reps
4		Legs elevation in 4 strokes	x15 Reps

Rest 30 Seconds

5		Crunch with hands resting	x30 Reps
6		Crunch with vertical legs and touch of the ankles	x30 Reps

Rest 30 Seconds

7		Crunch with crossed arms	x30 Reps

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8  Crunch with knees to the chest **x30** 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.

- 🎬 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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