8 Minutes

Beginner | 8 min

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

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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