8 Minutes - Level 2

Intermediate | 10 min | 98 Kcal

1		Reverse Crunch	x40 Reps
2		Leg Push	x40 Reps
	Rest		15 Seconds
3		Legs elevation in 4 strokes	x20 Reps
4		Alternating Beat Abs	60 Seconds
	Rest		15 Seconds
5		Crunch with vertical legs and touch of the ankles	x60 Reps
6		Alternating Crunch	x20 Reps
	Rest		15 Seconds
7		Crunch with knees to the chest	x40 Reps

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8  Foot 2 Foot Crunch x20 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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