8 Minutes - Level 3

Advanced | 9 min

1		Crunch with vertical legs and touch of the ankles	x50 Reps
2		Pressing Up with Dumbbell Dumbbell	x50 Reps
	Rest		15 Seconds
3		Crunch Elbow towards Knee – Alternated	x25 Reps
4		Double Twist	x50 Reps
	Rest		15 Seconds
5		Legs elevation in 4 strokes	x25 Reps
6		Alternate crossing of the feet	x50 Reps

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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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