Abs + Chest

Beginner | 10 min

1		Knee Push Ups	x20 Reps
2		Crunch with knees to the chest	x20 Reps
	Rest		30 Seconds
3		Diamond Push-Ups (Knees position)	x20 Reps
4		Crunch with vertical legs and touch of the ankles	x20 Reps
	Rest		45 Seconds
5		Push-Ups	x20 Reps
6		Legs elevation in 4 strokes	x10 Reps
	Rest		45 Seconds
7		Push Up - Hands at Chest Width	x20 Reps

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8		Cycling Abs	x20 Reps

Rest **45 Seconds**

9		Push-Ups	x20 Reps
10		Diamond Push-Ups (Knees position)	x20 Reps
11		Legs elevation in 4 strokes	x10 Reps
12		Crunch with vertical legs and touch of the ankles	x20 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.

Download the app

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