Abs + Chest Level 2

Intermediate | 11 min | 108 Kcal

1		Crunch with knees to the chest	x20 Reps
2		Knee Push Ups	x20 Reps
3		Crunch with vertical legs and touch of the ankles	x20 Reps

Rest **20 Seconds**

4		Diamond Push-Ups (Knees position)	x20 Reps
5		Crunch with vertical legs and touch of the ankles	x20 Reps
6		Push-Ups	x20 Reps

Rest **20 Seconds**

7		Crunch with knees to the chest	x20 Reps

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8		Diamond Push-Ups (Knees position)	x20 Reps
9		Legs elevation in 4 strokes	x15 Reps

Rest **20 Seconds**

10		Legs elevation in 4 strokes	x15 Reps
11		Diamond Push-Ups (Knees position)	x20 Reps
12		Crunch with vertical legs and touch of the ankles	x20 Reps
13		Push-Ups	x20 Reps
14		Diamond Push-Ups (Knees position)	x20 Reps

Rest **10 Seconds**

15		Diamond Push-Ups (Knees position)	x20 Reps
16		Legs elevation in 4 strokes	x15 Reps

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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

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