Abs + Chest Level 2

Intermediate | 13 min

1		Knee Push Ups - Hands at Chest Width	x20 Reps
2		Legs elevation in 4 strokes	x10 Reps
3		Full vertical crunch	x20 Reps
4		Diamond Push-Ups (Knees position)	x20 Reps

Rest **30 Seconds**

5		Push-Ups	x30 Reps
6		X-Crunch with Knee Hugs	x20 Reps
7		Reverse Crunch	x30 Reps
8		Push-ups with torso rotation	x5 Reps

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Rest **40 Seconds**

9		Push Up - Hands at Chest Width	x20 Reps
10		Crunch with vertical legs and touch of the ankles	x20 Reps
11		Push Up - Hands at Chest Width	x20 Reps
12		Reverse Crunch	x20 Reps

Rest **40 Seconds**

13		Rotation Oblique Crunch	x20 Reps
14		Full vertical crunch	x20 Reps
15		Reverse Crunch	x20 Reps
16		Push-ups with torso rotation	x5 Reps
17		Knee Push Ups - Hands at Chest Width	x20 Reps

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18		Diamond Push-Ups (Knees position)	x10 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
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