Abs + Chest Level 2

Intermediate | 13 min | 127 Kcal

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

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
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