Abs+Chest - Level 3

Advanced | 12 min

1		Commando Plank	30 Seconds
	Rest		10 Seconds
2		Commando Plank	30 Seconds
	Rest		10 Seconds
3		Explosive Push Ups	20 Seconds
	Rest		10 Seconds
4		Explosive Push Ups	20 Seconds
	Rest		10 Seconds
5		Full vertical crunch	x30 Reps
6		Diamond Push-Ups (Knees position)	x30 Reps

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Rest **10 Seconds**

7  Full vertical crunch **x30** Reps

8  Diamond Push-Ups (Knees position) **x30** Reps

Rest **10 Seconds**

9  Diamond Push-Ups (Knees position) **x30** Reps

10  Full vertical crunch **x30** Reps

Rest **10 Seconds**

11  Legs elevation in 4 strokes **x20** Reps

Rest **10 Seconds**

12  Legs elevation in 4 strokes **x20** Reps

Rest **10 Seconds**

13  Star Push-Ups **x30** 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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