Abs+Chest Level 3

Advanced | 21 min

1		Crunch with knees to the chest	x20 Reps
2		Push-ups with torso rotation	x10 Reps
	Rest		40 Seconds
3		Legs elevation in 4 strokes	x15 Reps
4		V Push Ups (with clenched fists)	x15 Reps
	Rest		40 Seconds
5		Crunch with vertical legs and touch of the ankles	x30 Reps
6		Explosive Push Ups	40 Seconds
	Rest		40 Seconds
7		Alternate crossing of the feet	30 Seconds

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8		Spiderman Push-Ups	x30 Reps
Rest			40 Seconds
9		V-Ups	30 Seconds
10		Star Push-Ups	x30 Reps
Rest			40 Seconds
11		Hindu Push Ups	x25 Reps
12		Side plank with crossed legs	x10 Reps
Rest			40 Seconds
13		Double Twist	30 Seconds
14		Push Up - Hands at Chest Width	x30 Reps
Rest			60 Seconds

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15		Legs elevation in 4 strokes	x20 Reps
16		Crunch with hands resting	x30 Reps
17		Crunch Elbow towards Knee – Alternated	x30 Reps

Rest **60 Seconds**

18		Spartan Push Ups	30 Seconds

Rest **20 Seconds**

19		Push Up - Hands at Chest Width	x30 Reps

Rest **20 Seconds**

20		Explosive Push Ups	30 Seconds

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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
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