Abs+Chest Level 3

Advanced | 21 min | 206 Kcal

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

Chestify

This is the workout in PDF. In the app you live the full experience

Here you have t… Download the app …you find a richer, more dyna… …e.

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