Abs workout at home for beginners

Beginner | 5 min

1		Crunch with hands resting	x15 Reps
	Rest		30 Seconds
2		Reverse Crunch	x15 Reps
	Rest		30 Seconds
3		Crunch Elbow towards Knee – Alternated	x10 Reps
	Rest		30 Seconds
4		Crunch with hands resting	x15 Reps
	Rest		30 Seconds
5		Reverse Crunch	x15 Reps
	Rest		30 Seconds

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6		Crunch Elbow towards Knee – Alternated	**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
- ✨ New workouts generated with artificial intelligence

Download the app

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