# Abs workout at home for beginners

Beginner | 5 min | 49 Kcal

| | | | |
|---|---|---|---|
| 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 |

## 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
- 🎵 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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