Beginner Six Pack

Beginner | 4 min | 39 Kcal

1		Full vertical crunch	x10 Reps
	Rest		10 Seconds
2		Alternating Beat Abs	10 Seconds
	Rest		10 Seconds
3		Crunch with hands resting	x10 Reps
	Rest		10 Seconds
4		Reverse Crunch	x10 Reps
	Rest		10 Seconds
5		Foot 2 Foot Crunch	x10 Reps
	Rest		10 Seconds

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6  Crunch with hands resting **x10** Reps

Rest **10 Seconds**

7  Reverse Crunch **x10** Reps

Rest **10 Seconds**

8  Alternate crossing of the feet **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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