Beginner Six Pack

Beginner | 4 min

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

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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