Belly Burn

Beginner | 8 min | 78 Kcal

1		Crunch with crossed arms	30 Seconds
	Rest		10 Seconds
2		Foot 2 Foot Crunch	30 Seconds
	Rest		10 Seconds
3		Six Inch Hold	30 Seconds
	Rest		10 Seconds
4		Elevated Crunches	30 Seconds
	Rest		10 Seconds
5		Reverse Curls	30 Seconds
	Rest		10 Seconds

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6		Plank	30 Seconds
		Rest	10 Seconds
7		Side Push-ups	30 Seconds
		Rest	10 Seconds
8		Leg Spreaders	30 Seconds
		Rest	10 Seconds
9		Lumbar stretch with knees rotation	30 Seconds
		Rest	10 Seconds
10		Buzz Saw Planks	30 Seconds
		Rest	10 Seconds
11		Twisting Crunches	30 Seconds
		Rest	10 Seconds

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12		Flutter Kicks	30 Seconds

Quickify

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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