Bruce Lee Abs

Advanced | 6 min | 59 Kcal

1		Oblique Roll Down	30 Seconds
	Rest		10 Seconds
2		Oblique Roll Down	30 Seconds
	Rest		10 Seconds
3		V-Ups	30 Seconds
	Rest		10 Seconds
4		Leg Push	x30 Reps
	Rest		10 Seconds
5		Wide V-Ups	30 Seconds
	Rest		10 Seconds

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6		Floor Wiper	30 Seconds
		Rest	10 Seconds
7		X-Crunch with Knee Hugs	30 Seconds
		Rest	10 Seconds
8		Buzz Saw Planks	30 Seconds
		Rest	10 Seconds
9		Side Push-ups	15 Seconds

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.

Download the app

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