Creed

Intermediate | 5 min | 49 Kcal

1		Side plank with crossed legs	15 Seconds
2		Scissors Side Crunch	15 Seconds
	Rest		30 Seconds
3		Leg Push	30 Seconds
4		Russian Twist	30 Seconds
	Rest		30 Seconds
5		Plank	30 Seconds
6		Abdominal Crunch	30 Seconds
	Rest		30 Seconds
7		Leg Push	30 Seconds

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8  Side plank with crossed legs 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.

- 🎬 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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