Flat Belly

Beginner | 11 min

1		Jumping Jacks	30 Seconds
2		Abdominal Crunch	20 Seconds
3		Crunch with vertical legs and touch of the ankles	20 Seconds
4		Oblique Roll Down	20 Seconds
5		Jumping Jacks	30 Seconds
6		Abdominal Crunch	20 Seconds
7		Reverse Crunch	20 Seconds
8		Leg Push	20 Seconds
9		High knees running in place	30 Seconds

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10		Foot 2 Foot Crunch	20 Seconds
11		Side Plank resting on elbow	20 Seconds
12		Leg Push	20 Seconds
13		Jumping Jacks	30 Seconds
14		High knees running in place	30 Seconds
15		Legs elevation in 4 strokes	20 Seconds
16		Full vertical crunch	20 Seconds
17		Crunch with pushing hands	20 Seconds
18		Plank	30 Seconds
19		Side Plank resting on elbow	30 Seconds

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20		Russian Twist	20 Seconds
21		Butt kicks	45 Seconds
22		Jumping Jacks	45 Seconds
23		Leg Push	20 Seconds
24		Reverse Crunch	20 Seconds
25		Plank	45 Seconds

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.

Download the app

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