Flat Belly - Level 2

Intermediate | 13 min

1		Mountain Climber	40 Seconds
		Rest	10 Seconds
2		Abdominal Crunch	25 Seconds
3		Crunch with vertical legs and touch of the ankles	25 Seconds
4		Oblique Roll Down	25 Seconds
		Rest	10 Seconds
5		Mountain Climber	40 Seconds
		Rest	10 Seconds
6		Abdominal Crunch	25 Seconds
7		Reverse Crunch	25 Seconds

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8		Leg Push	25 Seconds
	Rest		10 Seconds
9		High knees running in place	30 Seconds
	Rest		10 Seconds
10		Mountain Climber	40 Seconds
	Rest		10 Seconds
11		Foot 2 Foot Crunch	30 Seconds
12		Leg Push	30 Seconds
	Rest		10 Seconds
13		Mountain Climber	45 Seconds
	Rest		10 Seconds
14		High knees running in place	30 Seconds

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Rest **10 Seconds**

15  **Legs elevation in 4 strokes** **30** Seconds

16  **Full vertical crunch** **30** Seconds

Rest **10 Seconds**

17  **Mountain Climber** **45** Seconds

Rest **10 Seconds**

18  **Leg Push** **30** Seconds

19  **Reverse Crunch** **30** Seconds

Rest **10 Seconds**

20  **Plank** **45** Seconds

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P4P

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Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

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