Flat Belly - Level 2

Intermediate | 13 min | 127 Kcal

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

Copyright Passion4Profession 2026. All rights reserved.

7		Reverse Crunch	25 Seconds
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

Copyright Passion4Profession 2026. All rights reserved.

14		High knees running in place	30 Seconds
		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

Copyright Passion4Profession 2026. All rights reserved.

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

Copyright Passion4Profession 2026. All rights reserved.