# Get Ripped

Beginner | 9 min | 88 Kcal

| | | | |
|---|---|---|---|
| 1 |  | Jumping Jacks | 30 Seconds |
| | | Rest | 10 Seconds |
| 2 |  | Crunch with crossed arms | x20 Reps |
| 3 |  | Reverse Crunch | x20 Reps |
| | | Rest | 10 Seconds |
| 4 |  | Jumping Jacks | 30 Seconds |
| | | Rest | 10 Seconds |
| 5 |  | Crunch with crossed arms | x25 Reps |
| 6 |  | Reverse Crunch | x25 Reps |
| | | Rest | 10 Seconds |

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| | | | |
|---|---|---|---|
| 7 |  | Jumping Jacks | 30 Seconds |
| | | Rest | 10 Seconds |
| 8 |  | Crunch with crossed arms | x30 Reps |
| 9 |  | Reverse Crunch | x30 Reps |
| | | Rest | 10 Seconds |
| 10 |  | Jumping Jacks | 30 Seconds |
| | | Rest | 10 Seconds |
| 11 |  | Crunch Elbow towards Knee – Alternated | 30 Seconds |
| | | Rest | 10 Seconds |
| 12 |  | Crunch Elbow towards Knee – Alternated | 30 Seconds |

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# 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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