Get Ripped - Level 2

Intermediate | 11 min | 108 Kcal

1		Mountain Climber	30 Seconds
	Rest		15 Seconds
2		Crunch with crossed arms	x25 Reps
	Rest		10 Seconds
3		Jumping Jacks	30 Seconds
	Rest		10 Seconds
4		Reverse Crunch	x25 Reps
	Rest		10 Seconds
5		Mountain Climber	40 Seconds
	Rest		10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

6		Crunch with crossed arms	x30 Reps
7		Reverse Crunch	x30 Reps
		Rest	10 Seconds
8		Jumping Jacks	30 Seconds
		Rest	10 Seconds
9		Mountain Climber	20 Seconds
		Rest	10 Seconds
10		Crunch with crossed arms	x30 Reps
11		Reverse Crunch	x30 Reps
		Rest	10 Seconds
12		Jumping Jacks	30 Seconds
		Rest	10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

13		Crunch Elbow towards Knee – Alternated	20 Seconds
14		Foot 2 Foot Crunch	x20 Reps

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.