Get Ripped - Level 2

Intermediate | 11 min

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

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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

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

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.

- 🎬 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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