Insane

Advanced | 10 min

1		Alternating Crunch	x10 Reps
	Rest		20 Seconds
2		Alternating Beat Abs	40 Seconds
	Rest		20 Seconds
3		Cycling Abs	x20 Reps
4		Floor Wiper	x10 Reps
	Rest		15 Seconds
5		Full vertical crunch	x20 Reps
6		V-Ups	x15 Reps
7		Crunch with knees to the chest	x20 Reps

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Rest **10 Seconds**

8		Leg Push	**x20** Reps
9		Legs elevation in 4 strokes	**x10** Reps
10		Double Twist	**x20** Reps
11		Crunch Elbow towards Knee – Alternated	**x10** Reps

Rest **30 Seconds**

12		Alternating Crunch	**x5** Reps
13		Alternating Beat Abs	**20** Seconds
14		Cycling Abs	**x10** Reps
15		Floor Wiper	**x5** Reps
16		Full vertical crunch	**x10** Reps

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17		V-Ups	x10 Reps
18		Crunch with knees to the chest	x10 Reps
19		Leg Push	x10 Reps
20		Legs elevation in 4 strokes	x5 Reps
21		Double Twist	x10 Reps
22		Crunch Elbow towards Knee – Alternated	x5 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.

Download the app

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