# Insane - Level 2

Advanced | 15 min | 147 Kcal

| | | | |
|---|---|---|---|
| 1 |  | Alternate crossing of the feet | x20 Reps |
| 2 |  | Wide V-Ups | x10 Reps |
| 3 |  | Pressing Up with Dumbbell<br>Dumbbell | x20 Reps |
| 4 |  | Side Plank resting on elbow | 10 Seconds |

Rest **45 Seconds**

| | | | |
|---|---|---|---|
| 5 |  | Crunch with pushing hands | x20 Reps |
| 6 |  | Leg Push | x15 Reps |
| 7 |  | Rotation Oblique Crunch | x15 Reps |
| 8 |  | Crunch with pushing hands | x20 Reps |

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| | | | |
|---|---|---|---|
| 9 |  | Leg Push | x15 Reps |
| 10 |  | Rotation Oblique Crunch | x15 Reps |

Rest **30 Seconds**

| | | | |
|---|---|---|---|
| 11 |  | Double leg stretch | x30 Reps |
| 12 |  | Full vertical crunch | x30 Reps |
| 13 |  | Side Plank resting on elbow | 20 Seconds |
| 14 |  | Legs elevation in 4 strokes | x10 Reps |
| 15 |  | Reverse Crunch | x30 Reps |
| 16 |  | Legs elevation in 4 strokes | x10 Reps |
| 17 |  | Leg Push | x30 Reps |

Rest **30 Seconds**

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| | | | |
|---|---|---|---|
| 18 |  | Rotation Oblique Crunch | x15 Reps |
| 19 |  | Crunch with knees to the chest | x20 Reps |
| 20 |  | Wide V-Ups | x20 Reps |
| 21 |  | Leg Push | x20 Reps |
| 22 |  | Full vertical 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

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