Insane - Level 2

Advanced | 15 min

1		Alternate crossing of the feet	x20 Reps
2		Wide V-Ups	x10 Reps
3		Pressing Up with Dumbbell 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

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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