Insane - Level 3

Advanced | 19 min | 186 Kcal

1		Full vertical crunch	x30 Reps
2		Plank	60 Seconds
3		Cycling Abs	x30 Reps
4		Plank	60 Seconds

Rest **30 Seconds**

5		Reverse Crunch	x30 Reps
6		Plank	60 Seconds
7		Leg Push	x30 Reps
8		Alternate crossing of the feet	60 Seconds

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Rest **30 Seconds**

9		Double Twist	**40** Seconds
10		Foot 2 Foot Crunch	**40** Seconds
11		Side Plank	**40** Seconds
12		Rotation Oblique Crunch	**40** Seconds

Rest **30 Seconds**

13		Side plank with crossed legs	**40** Seconds
14		Reverse Crunch	**x30** Reps
15		Crunch with pushing hands	**x30** Reps
16		Full vertical crunch	**40** Seconds

Rest **30 Seconds**

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17		Crunch with vertical legs and touch of the ankles	x30 Reps
18		Reverse Crunch	x30 Reps
19		Leg Push	x30 Reps
20		Legs elevation in 4 strokes	x10 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

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