Legs + Abs + Butt - Level 2

Intermediate | 11 min | 108 Kcal

1		Reverse hip extension	x10 Reps
2		Leg Pull Down	x10 Reps
3		Side kick with bent knee	x15 Reps

Rest **30 Seconds**

4		Oblique Roll Down	x5 Reps
5		Legs elevation in 4 strokes	x8 Reps
6		Double leg stretch extended arms	x15 Reps
7		Superman	x10 Reps

Rest **40 Seconds**

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8		Squat	x15 Reps
9		Lateral Lunge	x8 Reps
	Rest		30 Seconds
10		Squat	x15 Reps
11		Forward Lunges	x8 Reps
	Rest		30 Seconds
12		Squat	x15 Reps
13		Reverse Lunge	x8 Reps
	Rest		40 Seconds
14		Oblique Roll Down	x10 Reps
15		Forward Lunges	x10 Reps

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16		Reverse hip extension	x10 Reps

Rest 40 Seconds

17		Squat	x20 Reps
18		Superman	x10 Reps
19		Leg Pull Down	x15 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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