Lower Abs

Beginner | 4 min | 39 Kcal

1		Cycling Abs	20 Seconds
2		Legs elevation in 4 strokes	x5 Reps
	Rest		20 Seconds
3		Reverse Crunch	20 Seconds
4		Alternating Beat Abs	20 Seconds
	Rest		20 Seconds
5		Alternate crossing of the feet	20 Seconds
6		Cycling Abs	20 Seconds
	Rest		20 Seconds
7		Leg Push	20 Seconds

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8		Reverse Crunch	20 Seconds

Rest **20 Seconds**

9		Legs elevation in 4 strokes	x5 Reps
10		Alternating Beat Abs	20 Seconds

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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