Lower Abs - Level 2

Intermediate | 7 min

1		Reverse Curls	x30 Reps
Rest			10 Seconds
2		Alternating Beat Abs	30 Seconds
Rest			10 Seconds
3		Reverse Crunch	x30 Reps
Rest			10 Seconds
4		Alternate crossing of the feet	30 Seconds
Rest			10 Seconds
5		Legs elevation in 4 strokes	x20 Reps
Rest			10 Seconds

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6		Alternate crossing of the feet	30 Seconds

Rest **10 Seconds**

7		Legs elevation in 4 strokes	x20 Reps

Rest **10 Seconds**

8		Alternate crossing of the feet	30 Seconds

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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