Lower Abs - Level 3

Advanced | 8 min | 78 Kcal

1		Reverse Curls	x40 Reps
2		Alternating Beat Abs	40 Seconds
	Rest		10 Seconds
3		Reverse Crunch	x45 Reps
	Rest		10 Seconds
4		Alternate crossing of the feet	20 Seconds
5		Legs elevation in 4 strokes	x20 Reps
	Rest		10 Seconds
6		Alternate crossing of the feet	30 Seconds
7		Leg Push	x30 Reps

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Rest	10 Seconds

8		Legs elevation in 4 strokes	x20 Reps
9		Alternate crossing of the feet	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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