Oblique - Level 2

Intermediate | 10 min | 98 Kcal

1		Side plank with crossed legs	x10 Reps
	Rest		15 Seconds
2		Side plank with crossed legs	x10 Reps
	Rest		15 Seconds
3		Side plank with crossed legs	x10 Reps
	Rest		15 Seconds
4		Side Push-ups	x10 Reps
	Rest		15 Seconds
5		Side Push-ups	x10 Reps
	Rest		15 Seconds

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6		Side Push-ups	x10 Reps
		Rest	15 Seconds
7		Supine Bicycles	30 Seconds
		Rest	15 Seconds
8		Supine Bicycles	30 Seconds
		Rest	15 Seconds
9		Supine Bicycles	30 Seconds
		Rest	15 Seconds
10		Double Twist	30 Seconds
		Rest	15 Seconds
11		Double Twist	30 Seconds
		Rest	15 Seconds

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12  Double Twist **30** Seconds

Rest **15 Seconds**

13  Foot 2 Foot Crunch **x25** Reps

Rest **15 Seconds**

14  Foot 2 Foot Crunch **x25** 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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