Oblique - Level 3

Advanced | 9 min

1		Side plank with crossed legs	x15 Reps
Rest			10 Seconds
2		Side plank with crossed legs	x15 Reps
Rest			10 Seconds
3		Side Push-ups	x15 Reps
Rest			10 Seconds
4		Side Push-ups	x15 Reps
Rest			10 Seconds
5		Supine Bicycles	40 Seconds
Rest			10 Seconds

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6		Supine Bicycles	40 Seconds
		Rest	15 Seconds
7		Double Twist	40 Seconds
		Rest	10 Seconds
8		Double Twist	40 Seconds
		Rest	10 Seconds
9		Double Twist	40 Seconds
		Rest	10 Seconds
10		Foot 2 Foot Crunch	x20 Reps
		Rest	10 Seconds
11		Foot 2 Foot Crunch	x20 Reps
		Rest	10 Seconds

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12		Foot 2 Foot Crunch	x20 Reps

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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