Ready for summer

Intermediate | 4 min | 39 Kcal

1		Reverse Crunch	40 Seconds
		Rest	20 Seconds
2		X-Crunch with Knee Hugs	40 Seconds
		Rest	20 Seconds
3		Legs elevation in 4 strokes	40 Seconds
		Rest	20 Seconds
4		Crunch with vertical legs and touch of the ankles	40 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.

Download the app

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