Show it all

Intermediate | 13 min | 127 Kcal

1		Hindu Push Ups	x15 Reps
	Rest		10 Seconds
2		Hindu Push Ups	x15 Reps
	Rest		10 Seconds
3		Hindu Push Ups	x15 Reps
	Rest		10 Seconds
4		Reverse Crunch	x30 Reps
5		Leg Push	x20 Reps
	Rest		10 Seconds
6		Reverse Crunch	x30 Reps

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7		Leg Push	x20 Reps
	Rest		10 Seconds
8		Full vertical crunch	x30 Reps
	Rest		10 Seconds
9		Diamond Push-Ups (Knees position)	x25 Reps
	Rest		10 Seconds
10		Diamond Push-Ups (Knees position)	x25 Reps
	Rest		10 Seconds
11		Diamond Push-Ups (Knees position)	x25 Reps
	Rest		10 Seconds
12		Reverse Crunch	x30 Reps
13		Legs elevation in 4 strokes	x20 Reps

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Rest **10 Seconds**

14  **V Push Ups (with clenched fists)** **x10** Reps

Rest **15 Seconds**

15  **V Push Ups (with clenched fists)** **x10** 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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