Six Pack

Intermediate | 4 min | 39 Kcal

1		Full vertical crunch	x25 Reps
2		Floor Wiper	x8 Reps
3		Double Twist	x30 Reps
4		Legs elevation in 4 strokes	x10 Reps
5		Crunch Elbow towards Knee – Alternated	x15 Reps
6		Foot 2 Foot Crunch	x10 Reps
7		Crunch with vertical legs and touch of the ankles	x20 Reps

Abify

This is the workout in PDF. In the app you live the full exp

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