Six Pack - Level 2

Intermediate | 11 min | 108 Kcal

1		Commando Plank	30 Seconds
	Rest		10 Seconds
2		Commando Plank	30 Seconds
	Rest		10 Seconds
3		Flutter Kicks	30 Seconds
	Rest		10 Seconds
4		Flutter Kicks	30 Seconds
	Rest		10 Seconds
5		Flutter Kicks	30 Seconds
	Rest		10 Seconds

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6		V Sit-Ups	30 Seconds
		Rest	10 Seconds
7		V Sit-Ups	30 Seconds
		Rest	10 Seconds
8		V Sit-Ups	30 Seconds
		Rest	10 Seconds
9		Crunch with vertical legs and touch of the ankles	x25 Reps
		Rest	10 Seconds
10		Crunch with vertical legs and touch of the ankles	x25 Reps
		Rest	10 Seconds
11		Crunch with vertical legs and touch of the ankles	x25 Reps
		Rest	10 Seconds

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12  Legs elevation in 4 strokes **x20** Reps

Rest **10 Seconds**

13  Legs elevation in 4 strokes **x20** Reps

Rest **10 Seconds**

14  Legs elevation in 4 strokes **x20** 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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