Six Pack - Women Edition 2

Intermediate | 5 min | 49 Kcal

1		Crunch with pushing hands	x25 Reps
	Rest		15 Seconds
2		Legs elevation in 4 strokes	x10 Reps
	Rest		15 Seconds
3		Crunch with hands resting	x15 Reps
	Rest		15 Seconds
4		Legs elevation in 4 strokes	x10 Reps
	Rest		15 Seconds
5		Crunch with vertical legs and touch of the ankles	x15 Reps
	Rest		15 Seconds

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6  Alternating Crunch **x10** Reps

Rest **15 Seconds**

7  Legs elevation in 4 strokes **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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