Six Pack - Women Edition

Beginner | 3 min

1		Crunch with pushing hands	x10 Reps
2		Legs elevation in 4 strokes	x5 Reps
	Rest		15 Seconds
3		Crunch with hands resting	x16 Reps
4		Legs elevation in 4 strokes	x6 Reps
	Rest		15 Seconds
5		Crunch with vertical legs and touch of the ankles	x10 Reps
6		Alternating Crunch	x7 Reps
7		Legs elevation in 4 strokes	x8 Reps

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P4P

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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