Spartan Ab

Advanced | 9 min

1		Alternate crossing of the feet	30 Seconds
2		Legs elevation in 4 strokes	x15 Reps

Rest — 20 Seconds

3		Full vertical crunch	x25 Reps
4		Reverse Curls	x25 Reps

Rest — 15 Seconds

5		Buzz Saw Planks	x20 Reps

Rest — 10 Seconds

6		V Sit-Ups	20 Seconds

Rest — 10 Seconds

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7		Leg Push	x25 Reps
8		Elevated Crunches	x25 Reps
	Rest		10 Seconds
9		Flutter Kicks	40 Seconds
	Rest		15 Seconds
10		Crunch with vertical legs and touch of the ankles	x25 Reps
11		Legs elevation in 4 strokes	x20 Reps

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.

Download the app

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