Super Fast - Level 2

Intermediate | 4 min | 39 Kcal

1		Full vertical crunch	x30 Reps
2		Leg Push	x30 Reps

Rest **10 Seconds**

3		Full vertical crunch	x30 Reps
4		Leg Push	x30 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.

Download the app

Copyright Passion4Profession 2026. All rights reserved.