Super Fast - Level 2

Intermediate | 4 min

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

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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