test black

Beginner | 1 min | 10 Kcal

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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