Wake Up!

Beginner | 5 min | 49 Kcal

1		Jumping Jacks	15 Seconds
	Rest		15 Seconds
2		Jumping Jacks	30 Seconds
	Rest		10 Seconds
3		Crunch with crossed arms	x20 Reps
	Rest		10 Seconds
4		Alternating Beat Abs	20 Seconds
	Rest		10 Seconds
5		Alternate hops	20 Seconds
	Rest		10 Seconds

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6		Alternating Beat Abs	30 Seconds
7		Crunch with crossed arms	x30 Reps

Rest **10 Seconds**

8		Alternate hops	30 Seconds

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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