



# Abdominals

Caldea (undefined undefined)

Total time: 12 m

Kcal: 49 Kcal

Equipment: Weight Disc, Plates, Free, no equipment

Objective:

## 1- Planxa

1sets Recov:15s



Dur.  
60s

## 2- Planxa alternant cam...

1sets Recov:15s



Dur.  
60s

## 3- Planxa aixecant les ...

1sets Recov:15s



Dur.  
60s

## 4- Climbers

1sets Recov:15s



Dur.  
60s

## 5- Planxa lateral amb l...

2sets Recov:15s



Dur.  
30s  
30s

## 6- Crunch Abdominal 20-...

1sets Recov:15s



Reps  
20

## 7- Abdominals obliques ...

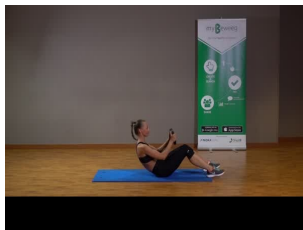
1sets Recov:20s



Reps  
20

## 8- Russian Twist amb di...

1sets Recov:15s



Reps  
20