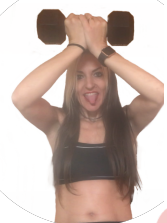


# CRUNCH ABDOMINAL



Retos físicos

30 días



Recto anterior, Oblicuo mayor  
Recto Mayor abdomen

■ Día 1	20 Rep/3 series
■ Día 2	20 Rep/3 series
■ Día 3	20 Rep/3 series
■ Día 4	<b>DESCANSO</b>
■ Día 5	30 Rep/3 series
■ Día 6	30 Rep/3 series
■ Día 7	30 Rep/3 series
■ Día 8	<b>DESCANSO</b>
■ Día 9	40 Rep/2 series
■ Día 10	50 Rep/2 series
■ Día 11	<b>DESCANSO</b>
■ Día 12	<b>DESCANSO</b>
■ Día 13	50 Rep/2 series
■ Día 14	55 Rep/2 series
■ Día 15	60 Rep/2 series

**TUTORIAL**



■ Día 16	<b>DESCANSO</b>
■ Día 17	75 Rep/2 series
■ Día 18	85 Rep/2series
■ Día 19	<b>DESCANSO</b>
■ Día 20	95 Rep/2 series
■ Día 21	100 Rep/2 series
■ Día 22	<b>DESCANSO</b>
■ Día 23	120 Rep/1 series
■ Día 24	120 Rep/1 series
■ Día 25	<b>DESCANSO</b>
■ Día 26	140 Rep/1 series
■ Día 27	150 Rep/1series
■ Día 28	<b>DESCANSO</b>
■ Día 29	175 Rep/1 series
■ Día 30	200 rep/1 series

Suscríbete a mi canal : [YouTube.com/ retos físicos 30 días](https://www.youtube.com/retosfisicos30dias)  
Activa las notificaciones ( la campanita )  
Acerca el mouse para ver vídeos

