

The pefect gym routine

**create an account and
get ready to upgrade
your workouts**

login

Register



Login

sahd@gmail.com

password





Create an Account

name

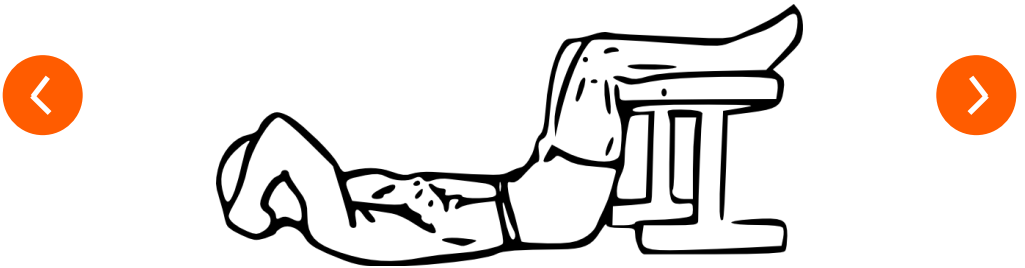
email

password

password



crunches



Begin by lying on your back on the ground. Your legs should be straight and your arms at your side. This will be your starting position. To perform the movement, tuck the knees toward your chest by flexing the hips and knees. Following this, extend your legs directly above you so that they are perpendicular to the ground. Rotate and elevate your pelvis to raise your glutes from the floor. After a brief pause, return to the starting position.

beginner

intermediate

advanced

push

pull

legs

arms

back

chest

abs

shoulders

cardio