100 Push-Up Challenge

Advanced | 4 min | 39 Kcal

1		Push-Ups	x25 Reps
Rest			15 Seconds
2		Push-Ups	x25 Reps
Rest			15 Seconds
3		Push-Ups	x25 Reps
Rest			15 Seconds
4		Push-Ups	x25 Reps

Chestify

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.

Download the app

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