8 Minutes

Beginner | 9 min

1		Knee Push Ups	x20 Reps
2		Push Ups Knees on Bench Raised platform	x15 Reps
	Rest		30 Seconds
3		Knee Push Ups - Hands at Chest Width	x20 Reps
4		Atlas Push-up 2 Benches / 2 Chairs	x10 Reps
	Rest		30 Seconds
5		Knee Push Ups	x20 Reps
6		Push Ups Knees on Bench Raised platform	x15 Reps
	Rest		30 Seconds
7		Knee Push Ups - Hands at Chest Width	x20 Reps

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8		Atlas Push-up 2 Benches / 2 Chairs	x10 Reps
9		Knee Push Ups - Hands at Chest Width	x20 Reps
	Rest		30 Seconds
10		Push Ups Knees on Bench Raised platform	x15 Reps
11		Knee Push Ups	x20 Reps
12		Atlas Push-up 2 Benches / 2 Chairs	x10 Reps

P4P

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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