8 Minutes - Level 2

Intermediate | 8 min | 78 Kcal

1		Push-Ups	x16 Reps
	Rest		25 Seconds
2		Push-Ups	x16 Reps
	Rest		25 Seconds
3		Push-Ups	x16 Reps
	Rest		25 Seconds
4		Push Up - Hands at Chest Width	x16 Reps
	Rest		25 Seconds
5		Push Up - Hands at Chest Width	x16 Reps
	Rest		25 Seconds

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6  Push Up - Hands at Chest Width x16 Reps

Rest 25 Seconds

7  Push Up - Feet on Bench Bench / Chair x16 Reps

Rest 25 Seconds

8  Push Up - Feet on Bench Bench / Chair x16 Reps

Rest 25 Seconds

9  Push Up - Feet on Bench Bench / Chair x16 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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