8 Minutes - Level 2

Intermediate | 8 min

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

Raised platform

x16
Reps

Rest 25 Seconds

8



Push Up - Feet on Bench

Raised platform

x16
Reps

Rest 25 Seconds

9



Push Up - Feet on Bench

Raised platform

x16
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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