8 Minutes - Level 3

Advanced | 8 min

1		Knee Push Ups	x30 Reps
	Rest		15 Seconds
2		Knee Push Ups	x30 Reps
	Rest		15 Seconds
3		Push-Ups	x30 Reps
	Rest		15 Seconds
4		Diamond Push-Ups (Knees position)	x30 Reps
	Rest		15 Seconds
5		Atlas Push-up 2 Benches / 2 Chairs	x25 Reps
	Rest		15 Seconds

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6



● Push Ups Knees on Bench

Raised platform

x30

Reps

Rest **15 Seconds**

7



● V Push Ups (with clenched fists)

x10

Reps

Rest **15 Seconds**

8



● V Push Ups (with clenched fists)

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.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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