8 Minutes - Level 3

Advanced | 8 min | 78 Kcal

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

Copyright Passion4Profession 2026. All rights reserved.

6



Push Ups Knees on Bench

Bench / Chair

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

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.

- 🎬 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

Copyright Passion4Profession 2026. All rights reserved.