Creed

Intermediate | 8 min

1		Diamond Push-Ups (Knees position)	30 Seconds
	Rest		30 Seconds
2		Push-Ups	30 Seconds
	Rest		30 Seconds
3		Explosive Push Ups	30 Seconds
	Rest		30 Seconds
4		V Push Ups (with clenched fists)	30 Seconds
	Rest		30 Seconds
5		Diamond Push-Ups (Knees position)	30 Seconds
	Rest		30 Seconds

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6		Push-Ups	30 Seconds

Rest **30 Seconds**

7		Explosive Push Ups	30 Seconds

Rest **30 Seconds**

8		V Push Ups (with clenched fists)	30 Seconds

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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