# Creed

Intermediate | 8 min | 78 Kcal

| | | | |
|---|---|---|---|
| 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 |


**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**


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