Feel the pump

Beginner | 5 min

1		Atlas Push-up 2 Benches / 2 Chairs	x10 Reps
	Rest		30 Seconds
2		Atlas Push-up 2 Benches / 2 Chairs	x10 Reps
	Rest		30 Seconds
3		Atlas Push-up 2 Benches / 2 Chairs	x10 Reps
	Rest		30 Seconds
4		Knee Push Ups - Hands at Chest Width	x10 Reps
	Rest		30 Seconds
5		Knee Push Ups - Hands at Chest Width	x10 Reps
	Rest		30 Seconds

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6		Knee Push Ups - Hands at Chest Width	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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