Inner Pec - Advanced

Advanced | 9 min | 88 Kcal

1		Diamond Push-Ups (Knees position)	x35 Reps
	Rest		25 Seconds
2		Diamond Push-Ups (Knees position)	x25 Reps
	Rest		15 Seconds
3		Diamond Push-Ups (Knees position)	x15 Reps
	Rest		30 Seconds
4		Push Up - Hands at Chest Width	x35 Reps
	Rest		25 Seconds
5		Push Up - Hands at Chest Width	x25 Reps
	Rest		15 Seconds

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6  Push Up - Hands at Chest Width **x15** Reps

Rest **30 Seconds**

7  Diamond Push-Ups (Knees position) **x15** Reps

8  Push Up - Hands at Chest Width **x15** Reps

9  Diamond Push-Ups (Knees position) **x15** 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

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