Inner Pec - Advanced

Advanced | 9 min

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

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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