Insane

Advanced | 8 min

1		Knee Push Ups	x30 Reps
Rest			20 Seconds
2		Diamond Push-Ups (Knees position)	x20 Reps
Rest			20 Seconds
3		Push-Ups	x30 Reps
Rest			20 Seconds
4		Spartan Push Ups	25 Seconds
Rest			20 Seconds
5		Push Up - Hands at Chest Width	x10 Reps
Rest			20 Seconds

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6		Hindu Push Ups	x5 Reps
	Rest		20 Seconds
7		Explosive Push Ups	15 Seconds
	Rest		30 Seconds
8		Push Up - Hands at Chest Width	x10 Reps
9		Hindu Push Ups	x5 Reps
10		Explosive Push Ups	15 Seconds
	Rest		30 Seconds
11		Diamond Push-Ups (Knees position)	x20 Reps

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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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