Insane

Advanced | 8 min | 78 Kcal

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

Chestify

This is the workout in PDF. In the app you live the full experience

Here you have t… Download the app …you find a richer, more dyna… …ce.

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