Insane - Level 2

Advanced | 12 min | 118 Kcal

1		Knee Push Ups - Hands at Chest Width	x30 Reps
	Rest		20 Seconds
2		Push-Ups	x30 Reps
	Rest		20 Seconds
3		Push Up - Hands at Chest Width	x20 Reps
4		Push-Ups	x20 Reps
	Rest		30 Seconds
5		Push-ups with torso rotation	x5 Reps
	Rest		30 Seconds
6		Push Up - Feet on Bench Bench / Chair	x30 Reps

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Rest **45 Seconds**

7  Spartan Push Ups **35** Seconds

Rest **30 Seconds**

8  Hindu Push Ups **x8** Reps

9  Diamond Push-Ups (Knees position) **x20** Reps

Rest **20 Seconds**

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

Rest **10 Seconds**

11  Diamond Push-Ups (Knees position) **x10** Reps

Rest **30 Seconds**

12  Explosive Push Ups **20** Seconds

Rest **30 Seconds**

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13		Push-ups with torso rotation	x5 Reps

Rest **20 Seconds**

14		Explosive Push Ups	20 Seconds

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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