Insane - Level 2

Advanced | 12 min

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 Raised platform	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

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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