Insane - Level 3

Advanced | 22 min | 216 Kcal

1		Star Push-Ups	x30 Reps
	Rest		20 Seconds
2		Star Push-Ups	x20 Reps
	Rest		10 Seconds
3		Star Push-Ups	x10 Reps
	Rest		10 Seconds
4		Explosive Push Ups	40 Seconds
	Rest		20 Seconds
5		Explosive Push Ups	25 Seconds
	Rest		10 Seconds

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6		Explosive Push Ups	15 Seconds
		Rest	10 Seconds
7		Push Up - Hands at Chest Width	x30 Reps
		Rest	20 Seconds
8		Push Up - Hands at Chest Width	x25 Reps
		Rest	15 Seconds
9		Push Up - Hands at Chest Width	x20 Reps
		Rest	10 Seconds
10		Spartan Push Ups	30 Seconds
		Rest	30 Seconds
11		Spartan Push Ups	20 Seconds
		Rest	20 Seconds

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12		Spartan Push Ups	15 Seconds
		Rest	15 Seconds
13		Push-ups with torso rotation	x15 Reps
		Rest	30 Seconds
14		Push-ups with torso rotation	x10 Reps
		Rest	20 Seconds
15		Push-ups with torso rotation	x10 Reps
		Rest	30 Seconds
16		Spiderman Push-Ups	30 Seconds
		Rest	15 Seconds
17		Spiderman Push-Ups	30 Seconds
		Rest	15 Seconds

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18		Spiderman Push-Ups	30 Seconds
		Rest	30 Seconds
19		Hindu Push Ups	x30 Reps
		Rest	20 Seconds
20		Hindu Push Ups	x20 Reps
		Rest	15 Seconds
21		Hindu Push Ups	x15 Reps
		Rest	30 Seconds
22		Explosive Push Ups	15 Seconds
23		Push Up - Hands at Chest Width	x15 Reps
24		Explosive Push Ups	15 Seconds

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25		Push Up - Hands at Chest Width	x15 Reps

Rest **30 Seconds**

26		Push Up - Hands at Chest Width	x15 Reps
27		Explosive Push Ups	15 Seconds
28		Push Up - Hands at Chest Width	x15 Reps
29		Explosive Push Ups	15 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.

Download the app

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