Iron Lady

Beginner | 5 min

1		Knee Push Ups	x10 Reps
	Rest		30 Seconds
2		Knee Push Ups - Hands at Chest Width	x10 Reps
	Rest		30 Seconds
3		Diamond Push-Ups (Knees position)	x10 Reps
	Rest		30 Seconds
4		Knee Push Ups	x10 Reps
	Rest		30 Seconds
5		Knee Push Ups - Hands at Chest Width	x10 Reps
	Rest		30 Seconds

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

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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