Muscle Factory

Intermediate | 11 min

1		Push Up - Hands at Chest Width	x20 Reps
	Rest		20 Seconds
2		Push Up - Hands at Chest Width	x20 Reps
	Rest		20 Seconds
3		Push Up - Hands at Chest Width	x20 Reps
	Rest		60 Seconds
4		Push Up - Feet on Bench Raised platform	x15 Reps
	Rest		15 Seconds
5		Push Up - Feet on Bench Raised platform	x15 Reps
	Rest		15 Seconds

Copyright Passion4Profession 2026. All rights reserved.

6



Push Up - Feet on Bench

Raised platform

x14

Reps

Rest 60 Seconds

7



Diamond Push-Ups (Knees position)

x15

Reps

Rest 10 Seconds

8



Diamond Push-Ups (Knees position)

x15

Reps

Rest 10 Seconds

9



Diamond Push-Ups (Knees position)

x15

Reps

Rest 60 Seconds

10



Hindu Push Ups

x10

Reps

Rest 10 Seconds

11



Hindu Push Ups

x10

Reps

Rest 10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

12		Hindu Push Ups	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

Copyright Passion4Profession 2026. All rights reserved.