Muscle Factory

Intermediate | 11 min | 108 Kcal

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 Bench / Chair	x15 Reps
	Rest		15 Seconds
5		Push Up - Feet on Bench Bench / Chair	x15 Reps
	Rest		15 Seconds

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6



Push Up - Feet on Bench

Bench / Chair

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

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12		Hindu Push Ups	x10 Reps

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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