Push-Ups Challenge

Beginner | 8 min | 78 Kcal

1		Push-ups with torso rotation	30 Seconds
	Rest		10 Seconds
2		Push-Ups	30 Seconds
	Rest		10 Seconds
3		Diamond Push-Ups (Knees position)	30 Seconds
	Rest		10 Seconds
4		Push Up - Hands at Chest Width	30 Seconds
	Rest		10 Seconds
5		Knee Push Ups - Hands at Chest Width	30 Seconds
	Rest		10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

6  Push Up - Feet on Bench — Bench / Chair — 30 Seconds

Rest 10 Seconds

7  Push Ups Knees on Bench — Bench / Chair — 30 Seconds

Rest 10 Seconds

8  Atlas Push-up — 2 Benches / 2 Chairs — 30 Seconds

Rest 10 Seconds

9  Spartan Push Ups — 30 Seconds

Rest 10 Seconds

10  Explosive Push Ups — 30 Seconds

Rest 10 Seconds

11  Hindu Push Ups — 30 Seconds

Rest 10 Seconds

Copyright Passion4Profession 2026. All rights reserved.

12		V Push Ups (with clenched fists)	30 Seconds

Quickify

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.