Pyramid

Advanced | ⏱ 6 min

1		Push Up - Hands at Chest Width	x30 Reps
	Rest		30 Seconds
2		Push Up - Hands at Chest Width	x20 Reps
	Rest		20 Seconds
3		Push Up - Hands at Chest Width	x10 Reps
	Rest		10 Seconds
4		Push Up - Hands at Chest Width	x5 Reps
	Rest		30 Seconds
5		Push-Ups	x30 Reps
	Rest		20 Seconds

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6		Push-Ups	x20 Reps

Rest **10 Seconds**

7		Push-Ups	x10 Reps

Rest **5 Seconds**

8		Push-Ups	x5 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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