Ready for summer

Intermediate | 4 min | 39 Kcal

1		Knee Push Ups - Hands at Chest Width	40 Seconds
	Rest		20 Seconds
2		Push Up - Hands at Chest Width	40 Seconds
	Rest		20 Seconds
3		Push-ups with torso rotation	40 Seconds
	Rest		20 Seconds
4		Diamond Push-Ups (Knees position)	40 Seconds

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.

Download the app

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