Spartan

Advanced | 7 min | 69 Kcal

1		Mountain Climber	30 Seconds
2		Star Push-Ups	x30 Reps
	Rest		20 Seconds
3		Jump Burpees	30 Seconds
	Rest		10 Seconds
4		Spiderman Push-Ups	x20 Reps
	Rest		15 Seconds
5		Spartan Push Ups	30 Seconds
	Rest		30 Seconds
6		Hindu Push Ups	x30 Reps

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Rest **15 Seconds**

7  **Jump Burpees** **30** Seconds

Rest **15 Seconds**

8  **Star Push-Ups** **x30** 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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