These Push-ups Will Make Your Muscles Stronger

Beginner | 7 min | 69 Kcal

1		Knee Push Ups - Hands at Chest Width	40 Seconds
2		Push-Ups	40 Seconds
3		Explosive Push Ups	40 Seconds
4		Hindu Push Ups	40 Seconds
5		Spartan Push Ups	40 Seconds
6		Knee Push Ups	40 Seconds
7		V Push Ups (with clenched fists)	40 Seconds
8		Push-Ups	40 Seconds
9		Diamond Push-Ups (Knees position)	40 Seconds

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10  Star Push-Ups 40 Seconds

Abify

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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