These Push-ups Will Make Your Muscles Stronger ...

Beginner | 8 min | 78 Kcal

1		Atlas Push-up 2 Benches / 2 Chairs	30 Seconds
2		Knee Push Ups - Hands at Chest Width	30 Seconds
3		Push Ups Knees on Bench Bench / Chair	30 Seconds
4		Push-Ups	30 Seconds
5		Push Up - Feet on Bench Bench / Chair	30 Seconds
6		Explosive Push Ups	30 Seconds
7		Atlas Push-up 2 Benches / 2 Chairs	30 Seconds
8		Hindu Push Ups	30 Seconds
9		Push Up - Feet on Bench Bench / Chair	x30 Reps

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10		Spartan Push Ups	30 Seconds
11		Atlas Push-up 2 Benches / 2 Chairs	30 Seconds
12		Knee Push Ups	30 Seconds
13		V Push Ups (with clenched fists)	30 Seconds
14		Push-Ups	30 Seconds
15		Star Push-Ups	30 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.

Download the app

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