These Push-ups Will Make Your Muscles Stronger -

Beginner | 11 min | 108 Kcal

1		Diamond Push-Ups (Knees position)	30 Seconds
2		Burpees	30 Seconds
3		V Push Ups (with clenched fists)	30 Seconds
4		Atlas Push-up 2 Benches / 2 Chairs	30 Seconds
5		Knee Push Ups - Hands at Chest Width	30 Seconds
6		Push Ups Knees on Bench Bench / Chair	30 Seconds
7		Diamond Push-Ups (Knees position)	30 Seconds
8		Push-Ups	30 Seconds
9		Push Up - Feet on Bench Bench / Chair	30 Seconds

Copyright Passion4Profession 2026. All rights reserved.

10		Explosive Push Ups	30 Seconds
11		Atlas Push-up 2 Benches / 2 Chairs	30 Seconds
12		Hindu Push Ups	30 Seconds
13		Spartan Push Ups	30 Seconds
14		Push Up - Feet on Bench Bench / Chair	x30 Reps
15		Spartan Push Ups	30 Seconds
16		Atlas Push-up 2 Benches / 2 Chairs	30 Seconds
17		Star Push-Ups	30 Seconds
18		Knee Push Ups	30 Seconds
19		V Push Ups (with clenched fists)	30 Seconds

Copyright Passion4Profession 2026. All rights reserved.

20		Push-Ups	30 Seconds
21		Hindu 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.

- 🎬 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

Copyright Passion4Profession 2026. All rights reserved.