Up & Down

Intermediate | 6 min

1		**Atlas Push-up** 2 Benches / 2 Chairs	**x20** Reps
	Rest		**20 Seconds**
2		**Atlas Push-up** 2 Benches / 2 Chairs	**x20** Reps
	Rest		**20 Seconds**
3		**Atlas Push-up** 2 Benches / 2 Chairs	**x20** Reps
	Rest		**20 Seconds**
4		**Push Up - Feet on Bench** Raised platform	**x20** Reps
	Rest		**20 Seconds**
5		**Push Up - Feet on Bench** Raised platform	**x20** Reps
	Rest		**20 Seconds**

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6		Push Up - Feet on Bench Raised platform	x20 Reps

P4P

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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