Up & Down

Intermediate | 6 min | 59 Kcal

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** Bench / Chair	**x20** Reps
	Rest	**20 Seconds**	
5		**Push Up - Feet on Bench** Bench / Chair	**x20** Reps
	Rest	**20 Seconds**	

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6



Push Up - Feet on Bench

Bench / Chair

x20
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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