Upper Body

Advanced | 8 min | 78 Kcal

1		High knees running in place	30 Seconds
Rest			10 Seconds
2		Knee Push Ups - Hands at Chest Width	30 Seconds
Rest			10 Seconds
3		Side plank with crossed legs	30 Seconds
Rest			10 Seconds
4		Dumbbell Front Raise Dumbbell	30 Seconds
Rest			10 Seconds
5		Pressing Up with Dumbbell Dumbbell	30 Seconds
Rest			10 Seconds

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6  Push-Ups 30 Seconds

Rest 10 Seconds

7  Burpees 30 Seconds

Rest 10 Seconds

8  Crunch with knees to the chest 30 Seconds

Rest 10 Seconds

9  Push Ups Knees on Bench

Bench / Chair

30 Seconds

Rest 10 Seconds

10  Double Twist 30 Seconds

Rest 10 Seconds

11  Tricep bench dips

Bench / Chair

30 Seconds

Rest 10 Seconds

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12		Plank	30 Seconds

Quickify

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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