Upper Body

Intermediate | 9 min

1		Plank	40 Seconds
	Rest		20 Seconds
2		Spiderman Push-Ups	x15 Reps
	Rest		20 Seconds
3		Crunch Elbow towards Knee – Alternated	x15 Reps
	Rest		20 Seconds
4		Oblique Roll Down	x10 Reps
	Rest		20 Seconds
5		Switch Kicks	30 Seconds
	Rest		20 Seconds

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6  Star Push-Ups — x20 Reps

Rest — 20 Seconds

7  Tricep bench dips — x20 Reps

Bench / Chair

Rest — 20 Seconds

8  Buzz Saw Planks — x15 Reps

Rest — 20 Seconds

9  Push-Ups — x20 Reps

Rest — 20 Seconds

10  Plank — 40 Seconds

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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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