Upper Body

Intermediate | 9 min | 88 Kcal

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

Bench / Chair **x20** Reps

Rest **20 Seconds**

8  Buzz Saw Planks **x15** Reps

Rest **20 Seconds**

9  Push-Ups **x20** Reps

Rest **20 Seconds**

10  Plank **40** Seconds

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 dy

Download the app

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