Upper Pec

Advanced | 9 min

1		Push Ups Knees on Bench Raised platform	x20 Reps
	Rest		30 Seconds
2		Push Ups Knees on Bench Raised platform	x20 Reps
	Rest		30 Seconds
3		Push Ups Knees on Bench Raised platform	x20 Reps
	Rest		30 Seconds
4		V Push Ups (with clenched fists)	x10 Reps
	Rest		30 Seconds
5		V Push Ups (with clenched fists)	x10 Reps
	Rest		30 Seconds

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6



- V Push Ups (with clenched fists)

x10
Reps

Rest **30 Seconds**

7



- Push Up - Feet on Bench

Raised platform

x20
Reps

Rest **40 Seconds**

8



- Push Up - Feet on Bench

Raised platform

x20
Reps

Rest **40 Seconds**

9



- 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.

Download the app

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