Upper Pec

Advanced | 9 min | 88 Kcal

1



Push Ups Knees on Bench

Bench / Chair

x20 Reps

Rest 30 Seconds

2



Push Ups Knees on Bench

Bench / Chair

x20 Reps

Rest 30 Seconds

3



Push Ups Knees on Bench

Bench / Chair

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

Bench / Chair

x20 Reps

Rest **40 Seconds**

8  Push Up - Feet on Bench

Bench / Chair

x20 Reps

Rest **40 Seconds**

9  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.

Download the app

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