8 Minuten

Beginner | 9 min | 88 Kcal

1		Knie Push Ups	x20 Herh
2		Push Ups Knees on Bench Bank / Stoel	x15 Herh
	Rust		30 Sec
3		Knee Push Ups with Hands at Chest Width	x20 Herh
4		Atlas Push-Up 2 Bankjes / 2 Stoelen	x10 Herh
	Rust		30 Sec
5		Knie Push Ups	x20 Herh
6		Push Ups Knees on Bench Bank / Stoel	x15 Herh
	Rust		30 Sec
7		Knee Push Ups with Hands at Chest Width	x20 Herh

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8		**Atlas Push-Up** 2 Bankjes / 2 Stoelen	**x10** Herh
9		**Knee Push Ups with Hands at Chest Width**	**x20** Herh
	Rust		**30 Sec**
10		**Push Ups Knees on Bench** Bank / Stoel	**x15** Herh
11		**Knie Push Ups**	**x20** Herh
12		**Atlas Push-Up** 2 Bankjes / 2 Stoelen	**x10** Herh

Chestify

Dit is de workout als PDF. In de app beleef je de volledige ervaring.

Hier heb je de technische structuur. In de app vind je een rijkere, dynamischere ervaring.

Download de app

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