Insane

Expert | 8 min | 78 Kcal

1		Knie Push Ups	x30 Herh
	Rust		20 Sec
2		Diamond Push-Ups (Knees position)	x20 Herh
	Rust		20 Sec
3		Opdrukken	x30 Herh
	Rust		20 Sec
4		Spartan Push Ups	25 Sec
	Rust		20 Sec
5		Push Up - Hands at Chest Width	x10 Herh
	Rust		20 Sec

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6		Hindu Push Ups	x5 Herh
		Rust	20 Sec
7		Explosive Push-Ups	15 Sec
		Rust	30 Sec
8		Push Up - Hands at Chest Width	x10 Herh
9		Hindu Push Ups	x5 Herh
10		Explosive Push-Ups	15 Sec
		Rust	30 Sec
11		Diamond Push-Ups (Knees position)	x20 Herh

Chestify

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

Hier heb je de te nd je een rijkere, dynamisch

Download de app

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