



Push The Button

Created by *Holly Johnsen*

6 min.
20 sec.

Difficulty
3.0



0%



0%



100%



0%

1
Exercises

Tags: Upper Body

Runde



Pushup

25Reps

Pause

50sec.



Pushup

25Reps

Pause

50sec.



Pushup

25Reps

Pause

50sec.



Pushup

25Reps

Description

100 Pushups a day keep the doctor away!



Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.