



Created by Phil from Sidefits

There's nothing comparable to a good workout!

 ${6 \atop 30} _{\text{sec.}}^{\text{min.}}$

Difficulty 4.2









3 Exercises

Tags:

Upper Body

Back

Pushup

Routine

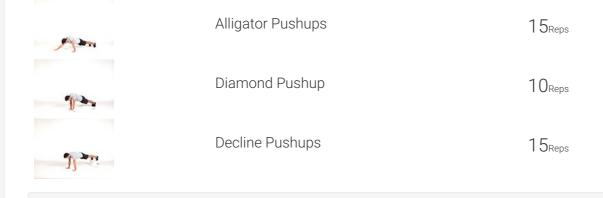
Chest

Chest



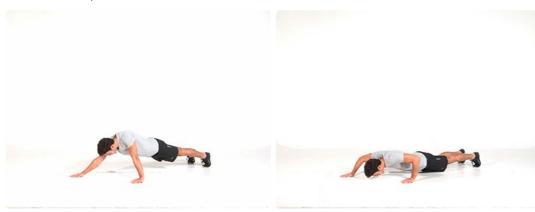


Runde	Alligator Pushups	15 _{Reps}
100	Diamond Pushup	10 _{Reps}
نيو (ا	Decline Pushups	15 _{Reps}
Runde		
- Marin	Alligator Pushups	15 _{Reps}
1	Diamond Pushup	10 _{Reps}
نيو (ل	Decline Pushups	15 _{Reps}
Runde		
- Agran	Alligator Pushups	15 _{Reps}
J.	Diamond Pushup	10 _{Reps}
	Decline Pushups	15 _{Reps}



Description

Exercise descriptions



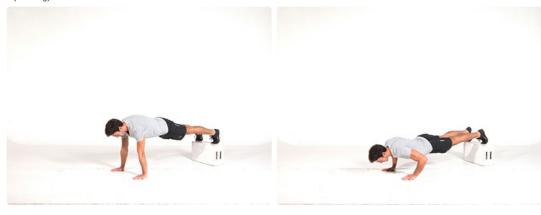
Alligator Pushups

Do Pushups while one arm is placed a bit further away from the other. Change the arms after each repetition.



Diamond Pushup

These push-ups get pimped out with a diamond-shaped hand position (situate them so that the thumbs and index fingers touch). This hand readjustment will give those triceps some extra (burning) love.



Decline Pushups

Go into a pushup position in which your feet are places higher than your arms (e.g. bench or chair) and perform pushups. Be careful to not fall into a hollow back.

This workout has been created by a user. Participation at own responsibility. Please always pay attentio	n to your health, reach out for the limit but stop if it gets too tough.
Made by Sidefits with ♥ in Hamburg/ Copenhagen	