



Pushup Routine Part

I



Created by Phil from Sidefits

There's nothing comparable to a good workout!

6 min.
30 sec.

Difficulty
4.2



0%



50%



50%



0%

3
Exercises

Tags: Upper Body Back Pushup Routine Chest

Runde



Alligator Pushups

15Reps

Diamond Pushup

10Reps

Decline Pushups

15Reps

Runde



Alligator Pushups

15Reps

Diamond Pushup

10Reps

Decline Pushups

15Reps

Runde



Alligator Pushups

15Reps

Diamond Pushup

10Reps

Decline Pushups

15Reps

Runde



Alligator Pushups

15_{Reps}

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 attention to your health, reach out for the limit but stop if it gets too tough.