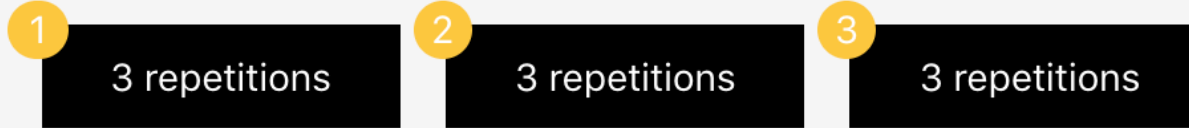


BEGINNER

Set pause: 3-4 min

**NORMAL
SET**

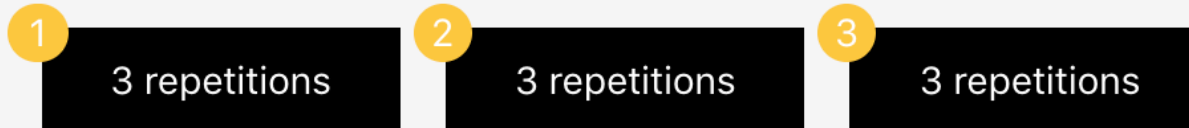
Pushups



Set pause: 3-4 min

**NORMAL
SET**

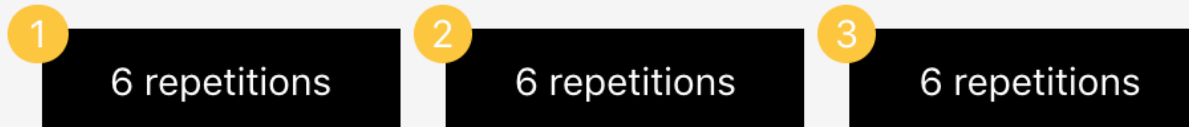
Wide pushups



Set pause: 3-4 min

**NORMAL
SET**

Knee pushups



Set pause: 2-3 min

**NORMAL
SET**

Tuck HLL

