

## BEGINNER

Set pause: 3-4 min

**NORMAL  
SET**

### Shoulder tap pushups

1	4 repetitions	2	4 repetitions	3	4 repetitions
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Set pause: 3-4 min

**NORMAL  
SET**

### Wide pushups

1	5 repetitions	2	5 repetitions	3	5 repetitions
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Set pause: 3-4 min

**NORMAL  
SET**

### Pushups (5s hold on top)

1	3 repetitions	2	3 repetitions	3	3 repetitions
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Set pause: 2-3 min

**SUPERSET**

### Pushups

1	3 repetitions	2	3 repetitions	3	3 repetitions
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### Crunches/sit-ups

1	4 repetitions	2	4 repetitions	3	4 repetitions
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### Supine leg lifts

1	6 repetitions	2	6 repetitions	3	6 repetitions
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