

PERFECT • PUSHUP™

www.perfectpushup.com

Get Ripped Workouts

GOALS: Core Strength Training • Build & Tone Upper Body

Welcome to the Perfect Pushup. These exercises will improve your strength, endurance and endurance regardless of the level of fitness you are at now. Scheduled as one workout or several throughout the week, you have challenging workouts, drills, or they become routines.

Regular Position



UP

Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight.



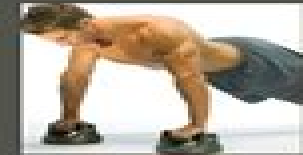
MID



DOWN

Position

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your hands should be directly below your shoulders.



UP

Wide Position



UP

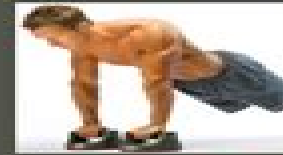
Position

Hands are far apart wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

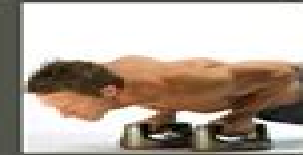
Close Position



UP

Position

Hands should be all the way close to the shoulders. Your body should be straight. Your hands should be directly below your shoulders.

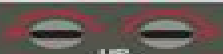


DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 30-second rule to determine the number of your workout. If you are not comfortable with the number, do not increase the number of your workout. If you are not comfortable with the number, do not increase the number of your workout.

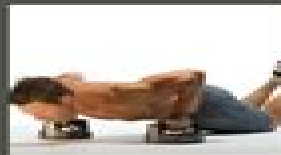
Knee Position



UP

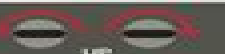
Position

Hands are far apart wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

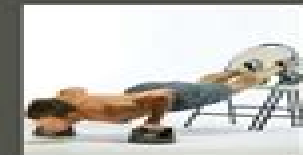
Chair Position



UP

Position

Hands are far apart wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

Checklist

Head	Neck is in line with shoulders and hips.
Back	Shoulders are in line with hips and feet.
Arms	Elbows are in line with shoulders and hips.
Feet	Feet are flat on the floor.
Core	Core is engaged and tight.
Body	Body is straight.
Breathing	Breathe in and out.

Routine - 2 Minute Drills

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

Schedule

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the number of your workout. If you are not comfortable with the number, do not increase the number of your workout. If you are not comfortable with the number, do not increase the number of your workout.

Perfect Push Up Manual

S Nieto

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the author's name.

Perfect Push Up Manual:

The Enigmatic Realm of **Perfect Push Up Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Perfect Push Up Manual** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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