

PERFECT • PUSHUP™

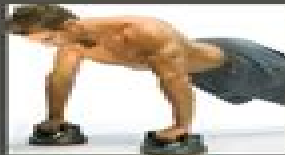
www.perfectpushup.com

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, these workouts challenge, drive, and inspire positive results.

Regular Position



UP

Position

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



MID



DOWN

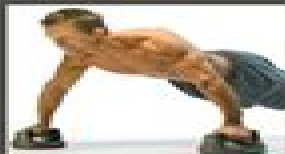
Position

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



UP

Wide Position



UP

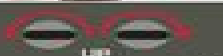
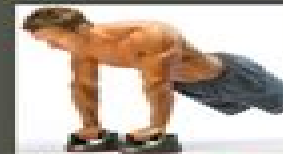
Position

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



DOWN

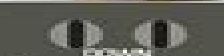
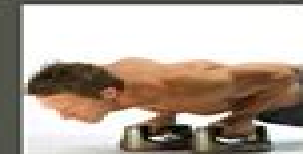
Close Position



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.

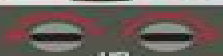


DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 30-second rule to determine the number of pushups. If you are not able to complete the workout, do as many as you can. If you are able to complete the workout, do as many as you can. If you are able to complete the workout, do as many as you can.

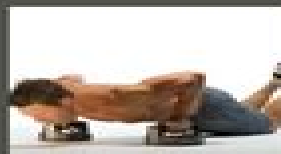
Knee Position



UP

Position

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



DOWN

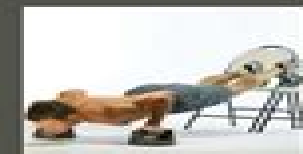
Chair Position



UP

Position

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



DOWN

Checklist

Item	Instructions
Feet	Feet should be flat on the floor.
Arms	Arms should be straight.
Body	Body should be straight.
Head	Head should be straight.
Core	Core should be engaged.
Shoulders	Shoulders should be engaged.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	10	10	10
0:20	10	10	10
0:30	10	10	10
0:40	10	10	10
0:50	10	10	10
1:00	10	10	10
1:10	10	10	10
1:20	10	10	10
1:30	10	10	10
1:40	10	10	10
1:50	10	10	10
2:00	10	10	10

Schedule

Day	Regular	Wide	Close
1	10	10	10
2	10	10	10
3	10	10	10
4	10	10	10
5	10	10	10
6	10	10	10
7	10	10	10
8	10	10	10
9	10	10	10
10	10	10	10
11	10	10	10
12	10	10	10
13	10	10	10
14	10	10	10
15	10	10	10
16	10	10	10
17	10	10	10
18	10	10	10
19	10	10	10
20	10	10	10
21	10	10	10
22	10	10	10
23	10	10	10
24	10	10	10
25	10	10	10
26	10	10	10
27	10	10	10
28	10	10	10
29	10	10	10
30	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 pushups. If you are not able to complete the workout, do as many as you can. If you are able to complete the workout, do as many as you can. If you are able to complete the workout, do as many as you can.

Perfect Push Up Manual

JS Bruner



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Table of Contents Perfect Push Up Manual

1. Understanding the eBook Perfect Push Up Manual
 - The Rise of Digital Reading Perfect Push Up Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Push Up Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Perfect Push Up Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Push Up Manual
 - Personalized Recommendations
 - Perfect Push Up Manual User Reviews and Ratings
 - Perfect Push Up Manual and Bestseller Lists
5. Accessing Perfect Push Up Manual Free and Paid eBooks

- Perfect Push Up Manual Public Domain eBooks
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- Perfect Push Up Manual Budget-Friendly Options
- 6. Navigating Perfect Push Up Manual eBook Formats
 - ePub, PDF, MOBI, and More
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 - Perfect Push Up Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Push Up Manual
 - Highlighting and Note-Taking Perfect Push Up Manual
 - Interactive Elements Perfect Push Up Manual
- 8. Staying Engaged with Perfect Push Up Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Push Up Manual
- 9. Balancing eBooks and Physical Books Perfect Push Up Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Push Up Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Perfect Push Up Manual
 - Setting Reading Goals Perfect Push Up Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perfect Push Up Manual
 - Fact-Checking eBook Content of Perfect Push Up Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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