

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 under your shoulders with your feet flat on the floor. Your body should be straight.



MID



DOWN

Position

Hands under your feet and feet flat on the floor. Your body should be straight. Your head should be in line with your spine.



UP

Wide Position



UP

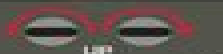
Position

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 are close together under your shoulders with your feet flat on the floor. Your body should be straight.



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 and then rest for 30 seconds before starting the next workout. If the routine is too easy, add more pushups.

Knee Position



UP

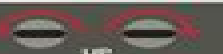
Position

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



DOWN

Chair Position



UP

Position

Hands are close together under your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms straight and extended.
Head	Head down and looking at the floor.
Core	Core muscles engaged.
Back	Back straight and looking at the floor.
Neck	Neck straight and looking at the floor.
Shoulders	Shoulders down and looking at the floor.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	15	15	15
0:20	20	20	20
0:30	25	25	25
0:40	30	30	30
0:50	35	35	35
1:00	40	40	40
1:10	45	45	45
1:20	50	50	50
1:30	55	55	55
1:40	60	60	60
1:50	65	65	65
2:00	70	70	70

Schedule

Day	Regular	Wide	Close
1	10	10	10
2	15	15	15
3	20	20	20
4	25	25	25
5	30	30	30
6	35	35	35
7	40	40	40
8	45	45	45
9	50	50	50
10	55	55	55
11	60	60	60
12	65	65	65
13	70	70	70
14	75	75	75
15	80	80	80
16	85	85	85
17	90	90	90
18	95	95	95
19	100	100	100
20	105	105	105
21	110	110	110
22	115	115	115
23	120	120	120
24	125	125	125
25	130	130	130
26	135	135	135
27	140	140	140
28	145	145	145
29	150	150	150
30	155	155	155
31	160	160	160
32	165	165	165
33	170	170	170
34	175	175	175
35	180	180	180
36	185	185	185
37	190	190	190
38	195	195	195
39	200	200	200
40	205	205	205
41	210	210	210
42	215	215	215
43	220	220	220
44	225	225	225
45	230	230	230
46	235	235	235
47	240	240	240
48	245	245	245
49	250	250	250
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169	850	850	850
170	855	855	855
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210	1055	1055	1055
211	1060	1060	1060
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213	1070	1070	1070
214	1075	1075	1075
215	1080	1080	1080
216	1085	1085	1085
217	1090	1090	1090
218	1095	1095	1095
219	1100	1100	1100
220	1105	1105	1105
221	1110	1110	1110
222	1115	1115	1115
223	1120	1120	1120
224	1125	1125	1125
225	1130	1130	1130
226	1135	1135	1135</

Perfect Pushup Workout Guide

Ashley Kalym



Perfect Pushup Workout Guide:

The Men's Health Big Book of 15-Minute Workouts Selene Yeager, Editors of Men's Health Magazine, 2011-10-25 Men love shortcuts If there is a way to accomplish a job quicker and more efficiently they're all for it That goes for work and working out Now new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism his fat burning furnace as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes The Men's Health Big Book of 15 Minute Workouts contains fast paced circuit training and interval workouts that boost calorie burn build muscle and fry belly fat in half the time of regular workouts Readers can choose from at home body weight only workouts and total body barbell programs to exercises that target major muscle groups the chest arms legs and back and sport specific workouts Other highlights include a special section of 15 minute core workouts to build a rock hard six pack an eating plan with delicious meals that take 15 minutes or less to prepare workouts for the office or when you're traveling and can't make it to the gym hundreds of tips from America's best trainers nutritionists and exercise scientists *Calisthenics: Complete Step by Step Workout Guide to Build Strength (Accelerated Beginner's Guide to Calisthenics and Strength)* Carolyn Thompson, 2022-01-13 Calisthenics is a great way to get in better fitness to a similar degree with bodyweight exercises The benefit of this is that calisthenics requires little to no additional equipment You need your body This book contains different calisthenics exercise routines and six months calisthenics exercise plan for beginner to experts Here is a preview of what you'll learn What is calisthenics workout Why choose it over other workout The three secrets of calisthenics Tips before starting Beginner routines Intermediate routines Expert routines Killer abs workout How to keep motivated This book will teach you how to build muscle with calisthenics how to get started on your calisthenics journey build strength using calisthenics and construct your own workout regimen Do you not know how to do the exercises Don't worry This book has all the exercises you need and it teaches you how to do them *Fannie Rutt's MURPH WORKOUT GUIDE* Fannie Rutt, 2022-01-27 Discover a Unique Workout Guide That Will Help You Get in the Best Shape of Your Life Do you feel like you're plateauing at the gym Does it seem like you do not see any significant progress Do you feel frustrated and unmotivated to work out If so it's time to bring some novelty into your workout routine With so many different workout guides on the market it's hard to find the one that's right for you So if you're curious about trying some new training techniques look no further than this Murph Workout Guide While other workout guides offer you some basic training techniques the Murph Workout Guide picks up and continues right where all the other guides have failed you With scientific research to back them up this guide includes the right strategies that will help you break past the plateau and get the physique of your dreams Whether you want to achieve the physique of your dreams or just improve your stamina the expert advice and proven training techniques you'll find in this Murph Workout Guide will surely help you With the help of this guide you'll learn how to Create a perfect workout

routine whether you're an experienced lifter or if you prefer home workouts. Train to achieve hypertrophy if that's your workout focus. Make short workouts more efficient by introducing various training strategies. Adjust your workout routine easily by being open to new ideas in and out of the gym. And so much more. Achieve your fitness goals and get the body of your dreams by following expert advice inside this book. If you're looking to move past the plateau in the gym and become more physically fit, this easy step-by-step guide will help you change your life forever. So what are you waiting for? **The**

Complete Guide to Outdoor Workouts Matt Lawrence, 2014-07-03. The Complete Guide series is designed for the fitness professional, coach, fitness enthusiast, and student, packed with ready-made training programmes, tips, and strategies. Outdoor exercise is not only a cheaper alternative to the gym, but it also offers immense scope and variety in terms of the activities you can do. Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors. Covering physiology and core training principles as a starting point, this book includes different workouts for different environments: park, beach, back garden, and covers the use of a variety of popular equipment from ViPRs to kettlebells. Packed with colour photography, clearly illustrated exercises, and the latest training programmes tailored to different outdoor pursuits. The Complete Guide to Outdoor Workouts is the ultimate how-to guide for any fitness enthusiast who wants to get out there and make the most of the outdoors. *Guide to Bodyweight Strength Training 2.0*

Steve Antell, *Guide to Bodyweight Strength Training 2.0*. 1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only. Don't have time to go to the gym? Great! You can get the same results by working with your bodyweight. Don't get me wrong. Working out is great, but it should not consume your life. It should enhance it in every aspect: give you more energy and keep you healthy in the long run. Save the time you spend going to the gym and use that extra time to do other meaningful things. With this book, I want to give you my best advice on how to get fit at home with minimal equipment and use of time. Instead of just giving you training advice only, I will equip you with a Training tool which you can use to plan and log your workouts and track your progress. All the programs presented in this book are pre-made to the tool, so all you have to do is follow along and log your training sessions. Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises. Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal. Meal planning tool and example meal plans that help you to plan ahead some basic meals. And also a weight tracking tool to track your bodyweight. Cheat sheet including all the exercises and progressions with YouTube links. The training programs and bodyweight training progressions will work for beginners and intermediates and get you far. I will present bodyweight strength training programs based on well-known workout splits that have stood the test of time and guides to all exercise progressions. I will give you a tool that includes these programs, allows you to track and plan your workouts for future success. The tool will also include YouTube video examples on each exercise. In order to cover all 100 exercises, I will not present any of the exercises in this book in picture format. With

video examples you will have a better chance of getting the exercise form correct right away You will also get the exercise cheat sheet which has all the exercises listed with video links There is a section at the end of this book on how to use the tracking tool You will need some basic equipment such as a pullup bar suspension trainers or gymnastics rings But I will also present alternatives if you don t have some of the equipment available and also give you instructions on what household items you can use for exercise Such as the kitchen counter sturdy chairs and a dining table will get you going And if you wish you can do weighted bodyweight exercises by simply using a weighted backpack What s new compared to the first edition Updated training tool with some visual upgrades New alternative exercises you can use for progression and some exercises were removed Three approaches to get your first pullup Ring training is included in the training tool for dips and push ups for those who like to train with rings Also progression to full ring dip with rings only if you don t have parallel bars available Improved exercise and video library More content More detailed chapter on dieting for fat loss muscle gain and maintaining About 50% more content compared to the previous version Updated units to support both lbs kg and cm inch units in the book So you don t have to convert numbers on your own based on your preferred unit of measurement There is a paid supporter version of this book The content is the same as on this free version You can find the supporter version here Google Play <https://play.google.com/store/books/details?id=bR1dEAAQBAJ> Amazon <https://www.amazon.com/dp/B09S3VQ7CZ> Kobo <https://www.kobo.com/ww/en/ebook/guide-to-bodyweight-strength-training-2-0-supporter-version> [A Complete Guide to At-Home Workouts: Tips, Equipment & Fitness Exercises](#) Bob Babson,2025-07-15 [A Complete Guide to At Home Workouts Tips Equipment Fitness Exercises](#) by Bob Babson Description Get fit stay strong and feel your best right from home Whether you re a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you ll find everything you need to start and stay motivated Inside you ll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable space saving home workout equipment Sample workout plans for weight loss toning and general fitness Tips for staying motivated tracking progress and avoiding injuries Adaptable routines for all levels from beginner to advanced Quick workouts for busy schedules including 10 minute circuits Bonus Stretching and recovery techniques for overall wellness This is your go to fitness companion for staying active energized and confident no gym required *Push-Up Mastery to Build Strength and Muscle at Home* Dorian Carter,2025-09-25 *Push Up Mastery to Build Strength and Muscle at Home Your Step by Step Plan to Get Stronger and Bigger Without a Gym* Want to get stronger build muscle and improve your fitness all from the comfort of home with no equipment This book is your complete guide Bodyweight training also known as calisthenics is one of the safest and most effective ways to develop lean muscle boost strength and enhance endurance And at the core of calisthenics lies the most fundamental exercise of all the push up In this book you ll learn how to use push up progressions to steadily increase your strength and muscle mass without fancy equipment or expensive gym memberships

With the right approach you'll unlock your body's potential and make real progress at your own pace. This isn't about complicating your workouts. It's about mastering the basics, training smart, and building a strong foundation that lasts. Inside you'll discover: Why training without equipment does make sense. The 10 proven benefits of push ups. Which muscles push ups really work. How often you should train for maximum results. The key to progressive overload in push up training. Tips to prevent muscle imbalances and avoid injury. The five fundamental rules for perfect push up form. A step by step progression plan from beginner to advanced variations. A simple yet effective push up workout plan you can follow today. Plus answers to common questions including: Can I do push ups every day? Why am I not making progress and how do I fix it? Should I lock out my arms at the top? Is it better to do push ups fast or slow? Do push ups burn fat or just build muscle? Should I go for more reps with an easier variation or fewer reps with a harder one? What should I do if my muscles are sore or if I'm stuck on one progression? Whether you're a complete beginner or looking to push past plateaus, this book gives you the tools to master push ups, build serious strength, and sculpt a powerful physique all at home. Grab your copy right now. **Complete**

Calisthenics, Second Edition Ashley Kalym, 2019-12-17. The ultimate guide to bodyweight exercises for anyone interested in taking their workouts to the next level without the use of weights, machines, or expensive gym memberships. Complete Calisthenics is an essential guide for anyone interested in losing weight, building core strength, and taking their workouts to the next level. Author and trainer Ashley Kalym has designed a comprehensive, easy-to-follow guide to calisthenics using only one's own bodyweight for resistance. Readers will learn how to execute a wide range of exercises such as push ups, pull ups, core development, movements, and lower body routines. Also included are easy-to-follow instructions for the planche, the front and back lever, handstands, handstand push ups, muscle ups, leg training, and other key exercises. Complete Calisthenics includes essential information on workout preparation, simple props, nutrition, and an assortment of diverse training routines. New to this second edition are enhanced muscle building exercises, instructions for optimal rest and recovery, and an assortment of original recipes. Kalym also includes samples from his personal food diary. With over 500 instructional photos, Complete Calisthenics takes readers on a path to creating physical endurance, agility, and power. The book is suitable for every level of athlete, from beginner to experienced. Physical Best Activity Guide Physical Best (Program), 2011. This comprehensive health-related fitness education program is back and better than ever. Developed by top-level physical educators, this third edition will help students gain the knowledge, skills, appreciation, and confidence they need to lead active, healthy lives regardless of physical and mental abilities or disabilities. Physical Best Activity Guide Elementary Level has been used with much success across the United States and for good reason. The text contains 78 easy-to-use activities ranging from noncompetitive to competitive and less demanding to more demanding. It also includes activities that allow for maximum time on task. All the instructional activities address the national physical education standards, dance standards, or health standards. This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout.

the United States You will learn how to adapt the activities for all children regardless of skill level or ability Students will also learn skills to help them set realistic goals manage their activity levels and remain healthy throughout their lives This text offers the following features A new chapter Combined Component Training combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events

QUICK START GUIDE TO BODYWEIGHT STRENGTH TRAINING Steve Antell, Interested in building strength and muscle with bodyweight training but don't know where to start You have found the right guide Quick Start Guide to Bodyweight Strength Training is here to get you started with progressive bodyweight strength training This guide includes 1 year of training programs that are based on well known strength training splits A free tool to track your workouts in Google Sheets Track your progress and level up when it's time Exercise progression from beginner to one arm push up pistol squat and more Basic instruction for each exercise Example video links in the training tool No Ads no registration no third party data storage It all works from your own Google Drive What are you waiting for Download the programs and get started today What you get exactly 1 A training guide for progressive bodyweight strength training 2 Tracking tool that includes Pre made bodyweight strength training programs based on 2 3x week Fullbody Upper lower and bodypart splits Customizable workout template with up to 4 workout days a week One finger logging with mobile phone Guides included to each progression Video links included to each exercise You can add custom exercises to list Training block length 5 12weeks Tracking sheet that counts total number of reps done in a workout and highlights the rep count with green if you made progress If you perform less reps than last time the cell will turn red Planning sheet calculates the training volume for each muscle group for you All features implemented with basic sheet functions No scripts used so it is safe to use and requires no special permissions Go up or down in the progressions and select the exercises according to your strength level Total workout time tracking included Track individual exercises as a chart Have fun building strength and muscle with this guide and tracking tool

Guide to Bodyweight Strength Training 2.0 - SUPPORTER VERSION Steve Antell, Guide to Bodyweight Strength Training 2 0 1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only Don't have time to go to the gym Great You can get the same results by working with your bodyweight Don't get me wrong Working out is great but it should not consume your life It should enhance it in every aspect give you more energy and keep you healthy in the long run Save the time you spend going to the gym and use that extra time to do other meaningful things With this book I want to give you my best advice on how to get fit at home with minimal equipment and use of time Instead of just giving you training advice only I will equip you with Training tool which you can use to plan and log your workouts and track your progress All the programs presented in this book are pre made to the tool so all you have to do is follow along and log your training sessions Rep calculator to estimate your progress

and how many reps you could possibly do for the harder bodyweight exercises Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal Meal planning tool and example meal plans that helps you to plan ahead some basic meals And also a weight tracking tool to track your bodyweight Cheat sheet including all the exercises and progressions with youtube links The training programs and bodyweight training progressions will work for beginners and intermediates and get you far I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions I will give you a tool that includes these programs allows you to track and plan your workouts for future success The tool will also include youtube video examples on each exercise In order to cover all 100 exercises I will not present any of the exercises in this book in picture format With video examples you will have a better chance of getting the exercise form correct right away You will also get the exercise cheat sheet which has all the exercises listed with video links There is a section at the end of this book on how to use the tracking tool You will need some basic equipment such as a pullup bar suspension trainers or gymnastics rings But I will also present alternatives if you don t have some of the equipment available and also give you instructions on what household items you can use for exercise Such as the kitchen counter sturdy chairs and a dining table will get you going And if you wish you can do weighted bodyweight exercises by simply using a weighted backpack What s new compared to the first edition Updated training tool with some visual upgrades New alternative exercises you can use for progression and some exercises were removed Three approaches to get your first pullup Ring training is included in the training tool for dips and push ups for those who like to train with rings Also progression to full ring dip with rings only if you don t have parallel bars available Improved exercise and video library More content More detailed chapter on dieting for fat loss muscle gain and maintaining About 50% more content compared to the previous version Updated units to support both lbs kg and cm inch units in the book So you don t have to convert numbers on your own based on your preferred unit of measurement

Shut Up and Train! Deanne Panday,2013-12-10 Exercising but not getting the desired results Need motivation but don t know where to look Shut Up and Train is the answer to all your workout woes From the bestselling author of I m Not Stressed comes one of the most comprehensive workout books that will help you get the body you always wanted Learn about the four pillars of fitness strength endurance flexibility and balance how to avoid an injury the different forms of training and even the miracle cure for cellulite Right from weight training to bodybuilding Deanne Panday will share the tricks of the trade to help sculpt your body just the way you want it

The U.S. Navy Seal Guide to Fitness and Nutrition Patricia A. Deuster,Pierre A. Pelletier,Anita Singh,2007-06-01 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for

endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance [The Complete Idiot's Guide to Kickboxing](#) Karon Karter,Guy Mezger,2000 Provides an introduction to the sport of kickboxing including equipment techniques training and fitness routines preparing for competitions self defense and related matters **The Complete Idiot's Guide to Short Workouts** Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts *Circuit Training Guide* Emily James,AI,2025-03-14 Circuit Training Guide offers a comprehensive exploration of circuit training a highly effective method for achieving full body conditioning by integrating strength and cardiovascular exercises This approach boosts your metabolic rate enhances muscular endurance and improves overall cardiovascular fitness all in a time efficient manner The book traces circuit training s evolution from military fitness programs to its current widespread adoption highlighting its adaptability for various fitness goals and levels This guide emphasizes both the physiological benefits and practical applications of circuit design It progresses from foundational concepts to advanced techniques ensuring readers understand not just what to do but why You ll learn how to select and sequence exercises effectively tailoring workouts to your specific needs whether you re a fitness enthusiast athlete or healthcare professional The book also addresses how to modify circuit training for different fitness levels injuries or equipment limitations making it a uniquely valuable resource for anyone seeking comprehensive fitness improvements [A Woman's Guide to Muscle and Strength](#) Irene Lewis-McCormick,2012-02-14 If you re looking for a guide to strength training that addresses your needs not your boyfriend s or husband s then look no further A Woman s Guide to Muscle and Strength is created for women by a woman Designed to target the unique ways your body works and reacts to exercises this resource will produce the lean and well toned physique that you seek Nationally recognized and sought after personal trainer Irene Lewis McCormick has packed over 100 of the top exercises for women into this single resource As a featured writer for popular publications such as Shape and More magazines Lewis McCormick makes it easy for women of all ages and abilities to transform their bodies and she does so by providing progressive training programs while putting common training myths to rest From free weights and TRX suspension training to foam rollers and exercise balls this book has the workouts to fit your plan Whether you re looking for a complete body transformation or simply looking for an easy way to gain strength and definition A Woman s Guide to Muscle and Strength is your guide to the strong sexy and toned body you want [Kettlebell: A Simple Guide to Learn Kettlebell Exercises \(The Ultimate Kettlebell Workouts for a Shredded Body\)](#) Bobbie Wright,2022-01-13 The great thing about the kettlebell is that it allows you to perform resistance cardio This means you are using cardiovascular training that increases

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muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you re working out at home you re responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we d rather avoid right now And the good news is that s something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that take the guesswork out for you and will give you the whole exercise plan

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