

# 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 slightly wider than shoulder width apart.  
Feet flat on the floor.  
Head neutral. Neck straight, spine straight.



MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.  
Feet flat on the floor.  
Head neutral. Neck straight, spine straight.



UP

### Wide Position



UP

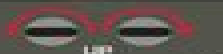
Position

Hands far apart, wider than shoulder width apart.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

### Close Position



UP

Position

Hands close to the body, within the shoulder.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

## Modified Workouts

These workout routines are not to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout. If you are not able to complete the routine, do not worry. The goal is to perform more than the upright position. If the routine is too easy, add more pushups.

### Knee Position



UP

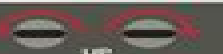
Position

Feet flat on the floor.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

### Chair Position



UP

Position

Hands close to the body, within the shoulder.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

#### Checklist

Head	Neutral position - eyes to the front
Neck	Straight - not tilted
Shoulder	Shoulder, elbow and hip in one line
Feet	Feet flat on the floor
Core	Core engaged - not sagging
Elbow	Elbow points straight out
Spine	Spine straight - not curved
Balance	Balance on the feet

#### Routine - 2 Minute Drills

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

#### Schedule

Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	10, 10, 10	10, 10, 10	10, 10, 10

#### Customize

These workouts are designed to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout. If you are not able to complete the routine, do not worry. The goal is to perform more than the upright position. If the routine is too easy, add more pushups.

# Perfect Pushup Manual

**KJ Lindholm-Leary**



## **Perfect Pushup Manual:**

## **Perfect Pushup Manual** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Perfect Pushup Manual**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Table of Contents Perfect Pushup Manual**

1. Understanding the eBook Perfect Pushup Manual
  - The Rise of Digital Reading Perfect Pushup Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pushup 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 Pushup Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pushup Manual
  - Personalized Recommendations
  - Perfect Pushup Manual User Reviews and Ratings
  - Perfect Pushup Manual and Bestseller Lists

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