

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 overall appearance of the front of your core and upper body. Tailored to the needs of fitness enthusiasts of all ages and fitness challenging workout styles, the Perfect Pushup is

Regular Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



MID



DOWN

Position

Should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



UP

Wide Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN



UP

Position

Should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN

Close Position

Modified Workouts

These workouts are designed to be completed in 2 minutes per day.

Use these workouts as a warm-up or as a main workout.

If you are unable to complete the workouts, you can do a modified version of the workouts.

Knee Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN

Chair Position

Checklist

Hand	Should be a little wider than your feet.
Feet	Should be shoulder width apart.
Body	Should be straight.
Core	Should be engaged.
Neck	Should be in line with the spine.
Head	Should be down.
Arms	Should be straight.
Elbows	Should be in line with the shoulders.
Wrists	Should be in line with the hands.
Shoulders	Should be in line with the hands.
Hips	Should be in line with the hands.
Buttocks	Should be in line with the hands.
Legs	Should be in line with the hands.
Feet	Should be flat on the ground.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10	10, 10, 10	10, 10, 10
0:15	10, 10, 10	10, 10, 10	10, 10, 10
0:30	10, 10, 10	10, 10, 10	10, 10, 10
0:45	10, 10, 10	10, 10, 10	10, 10, 10
1:00	10, 10, 10	10, 10, 10	10, 10, 10
1:15	10, 10, 10	10, 10, 10	10, 10, 10
1:30	10, 10, 10	10, 10, 10	10, 10, 10
1:45	10, 10, 10	10, 10, 10	10, 10, 10
2:00	10, 10, 10	10, 10, 10	10, 10, 10

Schedule

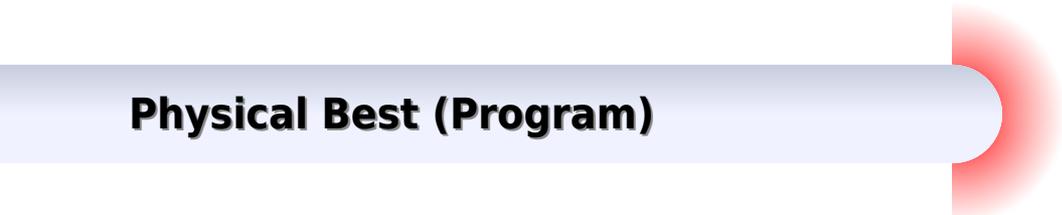
Day	Regular	Wide	Close
Monday	10, 10, 10	10, 10, 10	10, 10, 10
Tuesday	10, 10, 10	10, 10, 10	10, 10, 10
Wednesday	10, 10, 10	10, 10, 10	10, 10, 10
Thursday	10, 10, 10	10, 10, 10	10, 10, 10
Friday	10, 10, 10	10, 10, 10	10, 10, 10
Saturday	10, 10, 10	10, 10, 10	10, 10, 10
Sunday	10, 10, 10	10, 10, 10	10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes per day. Use these workouts as a warm-up or as a main workout. If you are unable to complete the workouts, you can do a modified version of the workouts.

Perfect Push Up Workout Guide

Physical Best (Program)



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