

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 hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



MID



DOWN

Position

Shoulder, elbow, and wrist in the same vertical plane.
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

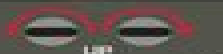
Position

Hands far apart, wider than shoulder width apart.
Body alignment - spine runs parallel to Regular Position.
Down position - 1. Elbow points straight out.



DOWN

Close Position



UP

Position

Hands close to the body, within the shoulder width alignment - spine runs parallel to Regular Position.
Down position - 1. Elbow points straight out.



DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each.
Use the 30-second rule to determine the number of reps.
If you are not comfortable with the number of reps, do a 1-minute rest and then repeat the workout from the upright position. If the routine is too easy, add more reps or pushups.

Knee Position



UP

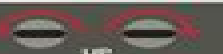
Position

Feet together, knees bent, hips, back, neck, head in a straight line.
Head neutral. Neck straight, spine straight.



DOWN

Chair Position



UP

Position

Hands on chair, feet on floor, hips, back, neck, head in a straight line.
Head neutral. Neck straight, spine straight.



DOWN

Checklist

Head	Neutral position - head to line with spine
Neck	Neutral position - head to line with spine
Back	Neutral position - head to line with spine
Feet	Feet hip-width apart
Arms	Arms straight, no bend
Elbows	Elbows close to the body
Core	Core engaged, spine straight
Legs	Legs straight, no bend
Shoulders	Shoulders straight, no bend
Feet	Feet hip-width apart
Arms	Arms straight, no bend
Elbows	Elbows close to the body
Core	Core engaged, spine straight
Legs	Legs straight, no bend
Shoulders	Shoulders straight, no bend

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
0:10	2. 10 Pushups	2. 10 Pushups	2. 10 Pushups
0:20	3. 10 Pushups	3. 10 Pushups	3. 10 Pushups
0:30	4. 10 Pushups	4. 10 Pushups	4. 10 Pushups
0:40	5. 10 Pushups	5. 10 Pushups	5. 10 Pushups
0:50	6. 10 Pushups	6. 10 Pushups	6. 10 Pushups
1:00	7. 10 Pushups	7. 10 Pushups	7. 10 Pushups
1:10	8. 10 Pushups	8. 10 Pushups	8. 10 Pushups
1:20	9. 10 Pushups	9. 10 Pushups	9. 10 Pushups
1:30	10. 10 Pushups	10. 10 Pushups	10. 10 Pushups
1:40	11. 10 Pushups	11. 10 Pushups	11. 10 Pushups
1:50	12. 10 Pushups	12. 10 Pushups	12. 10 Pushups

Schedule

Day	1	2	3	4	5	6	7
1	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down
2	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down
3	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down
4	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down
5	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down
6	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down
7	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down	1. Regular 1 Minute 1 Down

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the number of reps. If you are not comfortable with the number of reps, do a 1-minute rest and then repeat the workout from the upright position. If the routine is too easy, add more reps or pushups.

Perfect Pushup Manual

David Kirk



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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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