

# 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 ground.  
Head neutral. Neck straight, spine straight.



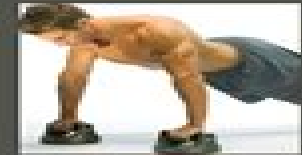
MID



DOWN

Position

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



UP

### Wide Position



UP

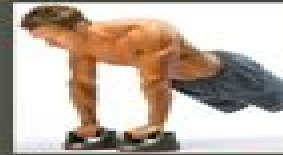
Position

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



DOWN

### Close Position



UP

Position

Hands close to the body, within the shoulder.  
Body alignment - spine runs parallel to Regular Position.  
Down position - 1. Elbow joint 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 pushups.  
If you are not comfortable with the number, do not increase the number of pushups.  
If you are not comfortable with the number, do not increase the number of pushups.

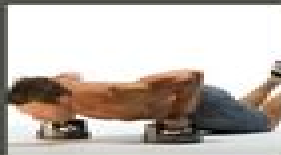
### Knee Position



UP

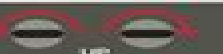
Position

Feet flat on the ground.  
Head neutral. Neck straight, spine straight.



DOWN

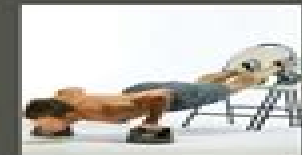
### Chair Position



UP

Position

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



DOWN

#### Checklist

Head	Neutral position - head to line with spine
Neck	Neutral position - head to line with spine
Spine	Neutral position - head to line with spine
Feet	Feet flat on the ground
Elbow	Elbow joint straight out
Hand	Hands close to the body, within the shoulder
Core	Core muscles engaged
Posture	Head neutral, Neck straight, spine straight
Breathing	Breathe in and out as you push up and down

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:15	2. Regular	2. Wide	2. Close
0:30	3. Regular	3. Wide	3. Close
0:45	4. Regular	4. Wide	4. Close
1:00	5. Regular	5. Wide	5. Close
1:15	6. Regular	6. Wide	6. Close
1:30	7. Regular	7. Wide	7. Close
1:45	8. Regular	8. Wide	8. Close
2:00	9. Regular	9. Wide	9. Close

#### Schedule

Day	Regular	Wide	Close
1	1. Regular	1. Wide	1. Close
2	2. Regular	2. Wide	2. Close
3	3. Regular	3. Wide	3. Close
4	4. Regular	4. Wide	4. Close
5	5. Regular	5. Wide	5. Close
6	6. Regular	6. Wide	6. Close
7	7. Regular	7. Wide	7. Close
8	8. Regular	8. Wide	8. Close
9	9. Regular	9. Wide	9. Close

#### Customize

These workouts are designed to be completed in 2 minutes each. If you are not comfortable with the number of pushups, do not increase the number of pushups. If you are not comfortable with the number, do not increase the number of pushups.

# Perfect Push Up Workout Guide

**Arturo Cuomo**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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