

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



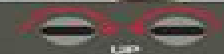
MID



DOWN

Position

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your hands should be directly below your shoulders.



UP

Wide Position



UP

Position

Hands are far apart with your feet shoulder width apart. Your legs should be straight. Your body should be straight.



DOWN

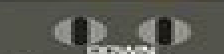
Close Position



UP

Position

Hands should be close together with the shoulders. Your legs should be straight. Your body should be straight.



DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 2 minute timer to keep track of your time. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time.

Knee Position



UP

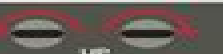
Position

Hands are far apart with your feet shoulder width apart. Your legs should be straight. Your body should be straight.



DOWN

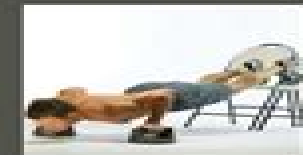
Chair Position



UP

Position

Hands are far apart with your feet shoulder width apart. Your legs should be straight. Your body should be straight.



DOWN

Checklist

Item	Instructions
Feet	Feet should be flat on the floor.
Arms	Arms should be straight.
Body	Body should be straight.
Core	Core should be engaged.
Neck	Neck should be straight.
Head	Head should be straight.

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

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

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 2 minute timer to keep track of your time. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time.

Perfect Push Up Manual

Sebastian Brünink

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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