

# 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, drill, and refine your muscles.

### Regular Position



UP

Position

Hands slightly wider than shoulder width apart.  
Feet together & toes tucked under.  
Head neutral. Forearm should be straight.



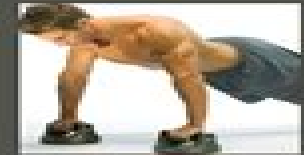
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.  
Feet together & toes tucked under.  
Head neutral as you move back to the UP position.



UP

### Wide Position



UP

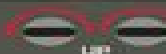
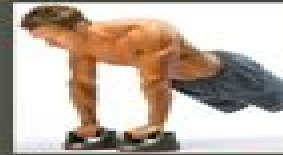
Position

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



DOWN

### Close Position



UP

Position

Hands should be all the way inside the shoulder.  
Body alignment - same as body in Regular Position.  
Down go as far back as you can, based on the Close position.



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 confident the number, do not decrease the number of reps.  
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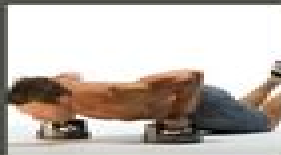
### Knee Position



UP

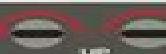
Position

Feet together & toes tucked under.  
Head neutral as you move back to the UP position.  
(Regular Position down)



DOWN

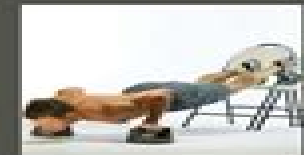
### Chair Position



UP

Position

Use a chair, bench or stool.  
Feet together & toes tucked under.  
Head neutral as you move back to the UP position.  
(Regular Position down)



DOWN

#### Checklist

Head	Neutral position - eyes to be with
Neck	Straight in line with spine
Shoulder	Shoulder, elbow and hip all in one straight line
Feet	Feet together & toes tucked under
Head	Head neutral as you move back to the UP position
Core	Core engaged - not relaxed
Arms	Arms straight - not bent
Elbows	Elbows straight - not bent
Feet	Feet together & toes tucked under
Head	Head neutral as you move back to the UP position

#### Routine - 2 Minute Drills

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

#### Schedule

Day	1st	2nd	3rd	4th	5th	6th	7th
1st	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close
2nd	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close
3rd	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close
4th	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close
5th	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close
6th	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close
7th	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close	1. Regular 1. Wide 1. Close

#### 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 confident the number, do not decrease the number of reps. If you are not confident the number, do not decrease the number of reps. If you are not confident the number, do not decrease the number of reps.

# Perfect Pushup Manual

**Michal Rosen-Zvi**



## **Perfect Pushup Manual:**

**God's Exercise Manual** Keith Lopez Organic Fitness,2007-12-18 God s Exercise Manual is a book created to provide an understanding of health It teaches a simple method to maintain a healthy body weight In a time when all food is fast and all movement is minimal this book is a necessity Health is not an option it is a desired state among all living creatures I created this book after 10 years of saturating myself in the world of health and fitness Nutrition and exercise will make an impact in your life if you can live with the simple changes that will increase your health A prescription does no good if it is not taken This book was written to deliver powerful and effective theories on evercise Simple and gradual changes in the way you move This is not a temporary change your life this is a permanent change of your life This diet is created by God because he created all the movements in te program      **Doc Frog's Physical Training Manual** David Rutherford,2014-02-22 In his first Froglogic Field Manual for Kids Doc Frog s Physical Training Manual Navy SEAL PT For Kids Navy SEAL motivational speaker David Rutherford introduces Special Operations Hero Doc Frog With professional comic book quality illustrations demonstrating step by step instructions Doc Frog s Recruits are challenged to incorporate physical training good nutrition and a positive motivational mindset as an integral part of their everyday lives David and Doc Frog s mission is to sharpen kids physical and mental focus and emphasize the importance of living a Team Life      *The Manual* Steve Santagati,2008-05-27 How many times have you and your friends asked one another these questions without ever coming up with any good answers Your girlfriends just tell you what you want to hear At the end of the day the only person who can give you insight into man problems is that s right a man But guys have hidden agendas What guy would give up all his dating advantages by spilling the goods Steve Santagati would A self confessed serial dater and Bad Boy Steve is telling all for the benefit of womankind Every guy is at least part Bad Boy and in The Manual this prime specimen reveals what every woman needs to know to counter Bad Boy tactics both amateur and professional Steve is never condescending or callous but honest perceptive and street smart His guidance is straightforward and his insights are dead on giving women tools they can immediately put to work Discover what you may not want to know but need to know about The Heart of the Bad Boy i e the nature of the beast The Male Mind how he sees you and how you can make this work to your advantage Guys on the Hunt the male modus operandi from the grocery store to Home Depot When Boy Meets Girl how to handle dating from flirting to sext messaging to learning his weaknesses Mating so you ve got him should you keep him Why learn from a Bad Boy instead of say a psychologist Because there s no replacement for in the field experience You ll benefit from and laugh at stories of real things Steve has done in relationships with women as well as of women turning the tables on him when he least expected it The book also includes a question and answer section in which Steve explores some of the toughest dating issues To understand Steve is to understand the Bad Boy and that will take you a long way in understanding all men Find out how much more fun dating can be when you get the upper hand on Bad Boys for good      **The Powerlifting Manual** Dennis B.

Weis,2021-12-30 Powerlifters are always looking for ways to improve their totals it is with this thought in mind that I have written this training manual The majority of this manual will deal exclusively with a very successful form of training The system is called Cycle Training The Enthusiasm Factor will be great in this system because the programs are constantly changing every six to eight weeks New goals of strength levels will be realized more frequently than is normally experienced in regular power lift schedules I have included many of the facets of the training and competitive aspects of the power lifts Additionally I am detailing the form and technique necessary for the three powerlifts The bulk of this manual is geared toward achieving desired results with as little complicated procedure as possible **The Total Fitness Manual** Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover **A Manual of surgical treatment v.5, 1912-13** Sir William Watson Cheyne,1913 **Technical Manual** United States. War Department,1942 MATS Manual United States. Air Force. Military Air Transport Service,1957 Field & Stream: Total Camping Manual (Outdoor Skills, Family Camping) T. Edward Nickens,2022-04-05 Featuring helpful resources definitive lists and informative illustrations photos and charts Field Stream The Total Camping Manual is the ultimate reference companion for campers at any level from novice day hikers to experienced backcountry adventurers This comprehensive officially licensed guide provides hundreds of tips and techniques for first time campers and veteran outdoor enthusiasts alike Created by Field Stream and Audubon Magazine editor at large T Edward Nickens this essential manual instructs campers on topics including planning your trip setting up camp cooking large meals in the woods and preparation for the inevitable unexpected circumstances Field Stream The Total Camping Manual is the ideal companion for backpackers car campers and RVers alike **The Bowhunter's Field Manual** Judd Cooney,2013-07-01 Drawing on his years of experience Judd Cooney one of America s most prominent outdoor writers and photographers offers practical information on bowhunting big and small game across North America Cooney shares his unique wealth of hunting information with tips and tactics for pursuing whitetail and Coues deer elk caribou moose bears antelopes mule and blacktail deer and cougars He offers sage advice on how to bowhunt for turkeys javelina hogs game birds and waterfowl and first rate advice on bowfishing With Cooney s own practical field experience of over fifty years you ll find useful suggestions on what to do after the hit and steps for preparing your trophy when afield This manual also includes a listing of Game and Fish departments throughout North America With crisp honest understandable language this invaluable reference will teach everything a bowhunter needs to know when he sets out For those who dream of hunting trips to far away places or those who simply wish to improve their backyard hunting skills Bowhunter s Field Manual offers on target assistance and comprehensible instructions With the multitude of game that Cooney discusses this guide is the ideal package good reading and generous information offered by an outdoorsman who has lived the words he chooses to share in the words of M R James author of the book s foreword **The Boat Life Manual** Nick Fabbri,Terysa Vanderloo,2025-09-15 Are you dreaming of an escape Do the sea faraway places and remote anchorages

call to you Have you wondered what liveaboard cruising life is really like British Australian couple Nick Fabbri and Terysa Vanderloo untied from their home port of Conyer over a decade ago and have been liveaboard cruisers ever since Sharing their journey via their popular YouTube channel Sailing Ruby Rose the couple have never shied away from showing off the high highs and low lows of this waterborne lifestyle In this comprehensive guide Nick and Terysa share everything they ve learned the hard way over a decade afloat From the planning stages and financial considerations to the practicalities of different boats and even the emotional preparation needed The Boat Life Manual is the ultimate blueprint to modern boatlife

*The Florists' Manual* William Scott,1899     *Soldier Support Journal* ,1983     **A Manual of examinations** John Livingston Ludlow,1867     *Military Air Transport Service Manual* ,19??     **The Manual for the Perfect Organisation of Tourneys** Paul Evans,1979     *Manual of Personal Hygiene* Louis Joseph Cooke,1919     *The Jane Austen Marriage Manual* Kim Izzo,2012-05-22 Katherine Shaw Kate is happy with her life She has supportive friends a glamorous magazine career and a love of all things Jane Austen But when she loses her job her beloved grandmother falls ill and a financial disaster forces a sale on the family home Kate finds herself facing a crisis that would test even the most stalwart of Austen heroines Friends rally round connecting her to freelance gigs and presenting her with a birthday gift title to land in Scotland that s about to come in very handy Turns out that Kate s first freelance assignment is to test an Austen inspired theory in the toughest economic times is a wealthy man the only must have accessory What begins as an article turns into an opportunity as Kate now Lady Kate jet sets to Palm Beach St Moritz and London where in keeping company with the elite she meets prospects who make Mr Darcy look like an amateur But will rubbing shoulders with men of good fortune ever actually lead her to love And will Kate be able to choose between Mr Rich and Mr Right     *The Mountain Guide Manual* Marc Chauvin,Rob Coppelillo,2017-05-15 Written by the International Federation of Mountain Guides Association IFMGA certified mountain guides Marc Chauvin and Rob Coppelillo The Mountain Guide Manual is the go to reference for novice and experienced mountain guides as well as advanced recreationalists Covering everything from rope systems and belaying to advice on group dynamics and rescuing the manual combines practical how to instruction with clear graphics illustrations and awe inspiring alpine imagery     **The Total Fishing Manual (Revised Edition)** Joe Cermele,2017-05-09 A comprehensive guide to fishing including information on the best lures for particular fish picking the right rod and how to troubleshoot a boat s motor

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