

# PERFECT • PUSHUP™

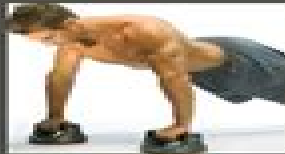
www.perfectpushup.com

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



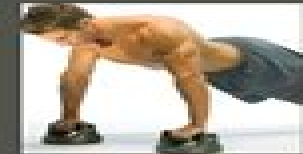
MID



DOWN

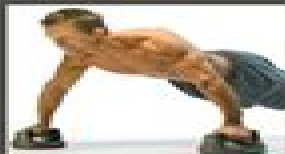
Position

Shoulder, elbow, and wrist in the same vertical plane.  
Elbow bent at 90 degrees. Head, neck, back, hips, ankles in a straight line.  
Feet hip-width apart. Head neutral. Neck straight, spine straight.



UP

### Wide Position



UP

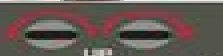
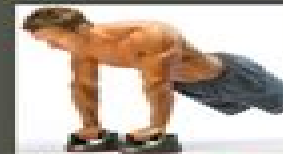
Position

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



DOWN

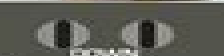
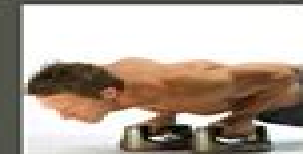
### Close Position



UP

Position

Hands close to the body, within the shoulder width alignment - spine runs parallel to Regular Position.  
Elbow goes straight back as you move toward the Down position.

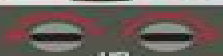


DOWN

## 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 able to complete the number of pushups, do as many as you can, then rest for 30 seconds, and repeat the workout.

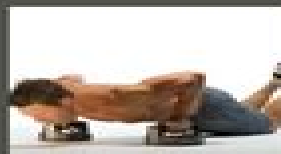
### Knee Position



UP

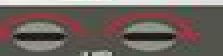
Position

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



DOWN

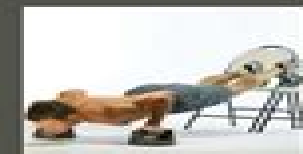
### Chair Position



UP

Position

Use a chair, bench, or stool.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



DOWN

#### Checklist

Head	Neutral position - head to be level with spine.
Neck	Neutral position - head to be level with spine.
Back	Neutral position - head to be level with spine.
Feet	Feet hip-width apart.
Elbow	Elbow bent at 90 degrees.
Wrist	Wrist neutral - wrist to be level with forearm.
Spine	Spine straight - spine to be level with head, neck, back, hips, ankles.
Head	Head neutral - head to be level with spine.
Neck	Neck straight - neck to be level with spine.
Back	Back straight - back to be level with spine.
Feet	Feet hip-width apart.
Elbow	Elbow bent at 90 degrees.
Wrist	Wrist neutral - wrist to be level with forearm.
Spine	Spine straight - spine to be level with head, neck, back, hips, ankles.
Head	Head neutral - head to be level with spine.
Neck	Neck straight - neck to be level with spine.
Back	Back straight - back to be level with spine.
Feet	Feet hip-width apart.
Elbow	Elbow bent at 90 degrees.
Wrist	Wrist neutral - wrist to be level with forearm.
Spine	Spine straight - spine to be level with head, neck, back, hips, ankles.

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	15	15	15
0:20	20	20	20
0:30	25	25	25
0:40	30	30	30
0:50	35	35	35
1:00	40	40	40
1:10	45	45	45
1:20	50	50	50
1:30	55	55	55
1:40	60	60	60
1:50	65	65	65
2:00	70	70	70

#### Schedule

1. <b>Wiederholung</b>	2. <b>Wiederholung</b>	3. <b>Wiederholung</b>	4. <b>Wiederholung</b>	5. <b>Wiederholung</b>	6. <b>Wiederholung</b>
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# Perfect Push Up Manual

**L Darling-Hammond**



## **Perfect Push Up Manual:**

The book delves into Perfect Push Up Manual. Perfect Push Up Manual is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Perfect Push Up Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Perfect Push Up Manual
- Chapter 2: Essential Elements of Perfect Push Up Manual
- Chapter 3: Perfect Push Up Manual in Everyday Life
- Chapter 4: Perfect Push Up Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Perfect Push Up Manual. The first chapter will explore what Perfect Push Up Manual is, why Perfect Push Up Manual is vital, and how to effectively learn about Perfect Push Up Manual.
3. In chapter 2, this book will delve into the foundational concepts of Perfect Push Up Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Perfect Push Up Manual in its entirety.
4. In chapter 3, this book will examine the practical applications of Perfect Push Up Manual in daily life. The third chapter will showcase real-world examples of how Perfect Push Up Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Perfect Push Up Manual in specific contexts. The fourth chapter will explore how Perfect Push Up Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Perfect Push Up Manual. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Push Up Manual.

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## **Perfect Push Up Manual Introduction**

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