

PERFECT • PUSHUP™

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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 floor, toes tucked under.
Head neutral. Spine straight, slight arch.



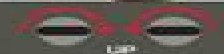
MID



DOWN

Position

Shoulder, wrist and hip all in one straight line.
Elbows tucked in, close to the body.
Feet flat on the floor, toes tucked under.



UP

Wide Position



UP

Position

Hands far apart, wider than shoulder width apart.
Body alignment - same as Regular Position.
Down position - Elbows point straight out.



DOWN

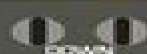
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - same as Regular Position.
Down position - Elbows tucked in, close to the body.

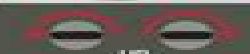
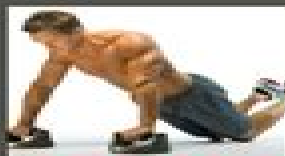


DOWN

Modified Workouts

These workout routines are designed to be completed in 2 minutes per day.
Use the bar to modify the routine, or to decrease the intensity of your workout.
If you are not comfortable with the routine, or if you are not strong enough to perform them from the upright position, it is the routine is not for you, and you should modify.

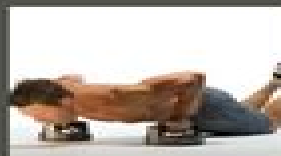
Knee Position



UP

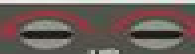
Position

Feet flat on the floor, toes tucked under.
Head neutral. Spine straight, slight arch.



DOWN

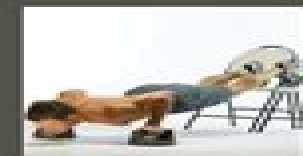
Chair Position



UP

Position

Use the chair to support your weight.
Body alignment - same as Regular Position.
Down position - Elbows tucked in, close to the body.



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Straight - no head tilting
Shoulder	Shoulders in line with hips, feet, and head
Elbow	Elbows tucked in, close to the body
Wrist	Wrist straight - no bending
Feet	Feet flat on the floor, toes tucked under
Spine	Spine straight, slight arch
Head	Head neutral - no tilting

Routine - 2 Minute Drills

Drill	Regular	Wide	Close
1	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
2	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
3	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
4	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
5	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
6	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
7	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
8	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
9	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
10	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10

Schedule

Day	Regular	Wide	Close
1	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
2	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
3	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
4	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
5	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
6	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
7	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
8	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
9	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
10	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes per day. Use the bar to modify the routine, or to decrease the intensity of your workout. If you are not comfortable with the routine, or if you are not strong enough to perform them from the upright position, it is the routine is not for you, and you should modify.

Perfect Push Up Manual

Tim MacWelch



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