

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.



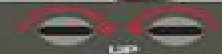
MID



DOWN

Position

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



UP

Wide Position



UP

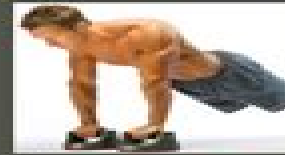
Position

Hands far apart with your feet flat on the floor. Your body should be straight.



DOWN

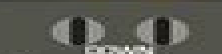
Close Position



UP

Position

Hands close together with your feet flat on the floor. Your body should be straight.

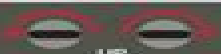


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The goal is to perform more than the challenge. If the routine is too easy, add more pushups.

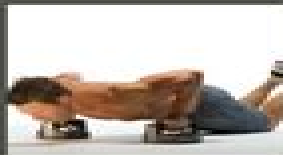
Knee Position



UP

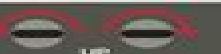
Position

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



DOWN

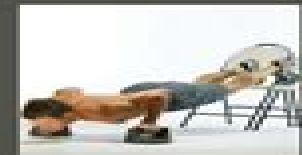
Chair Position



UP

Position

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



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms extended straight out in front of you.
Head	Head down, neck straight, eyes looking at the floor.
Core	Core muscles engaged, back straight.
Posture	Body straight, no sagging in the hips or lower back.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100 Pushups	100 Pushups	100 Pushups
0:10	100 Pushups	100 Pushups	100 Pushups
0:20	100 Pushups	100 Pushups	100 Pushups
0:30	100 Pushups	100 Pushups	100 Pushups
0:40	100 Pushups	100 Pushups	100 Pushups
0:50	100 Pushups	100 Pushups	100 Pushups
1:00	100 Pushups	100 Pushups	100 Pushups
1:10	100 Pushups	100 Pushups	100 Pushups
1:20	100 Pushups	100 Pushups	100 Pushups
1:30	100 Pushups	100 Pushups	100 Pushups
1:40	100 Pushups	100 Pushups	100 Pushups
1:50	100 Pushups	100 Pushups	100 Pushups
2:00	100 Pushups	100 Pushups	100 Pushups

Schedule

Day	Regular	Wide	Close
1	100 Pushups	100 Pushups	100 Pushups
2	100 Pushups	100 Pushups	100 Pushups
3	100 Pushups	100 Pushups	100 Pushups
4	100 Pushups	100 Pushups	100 Pushups
5	100 Pushups	100 Pushups	100 Pushups
6	100 Pushups	100 Pushups	100 Pushups
7	100 Pushups	100 Pushups	100 Pushups
8	100 Pushups	100 Pushups	100 Pushups
9	100 Pushups	100 Pushups	100 Pushups
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25	100 Pushups	100 Pushups	100 Pushups
26	100 Pushups	100 Pushups	100 Pushups
27	100 Pushups	100 Pushups	100 Pushups
28	100 Pushups	100 Pushups	100 Pushups
29	100 Pushups	100 Pushups	100 Pushups
30	100 Pushups	100 Pushups	100 Pushups

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The goal is to perform more than the challenge. If the routine is too easy, add more pushups.

Perfect Push Up Manual

David Rutherford

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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