

# 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 day, these workouts challenge, drill, and refine your muscles.

### Regular Position



UP

Position

Hands slightly wider than shoulder width apart.  
Feet flat on the ground.  
Head neutral. Spine straight, arms straight.



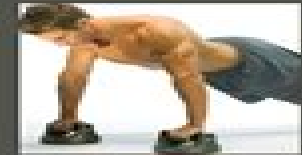
MID



DOWN

Position

Shoulder, wrist and hip all in the same vertical line.  
Feet flat on the ground.  
Head neutral as you push back to the UP position.



UP

### Wide Position



UP

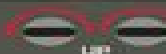
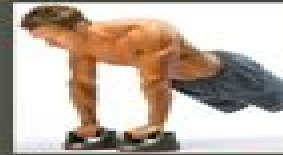
Position

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



DOWN

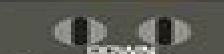
### Close Position



UP

Position

Hands close to the body, within the shoulder.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

## Modified Workouts

These three workouts should be completed in 2 minutes each.  
Use the 30-second rule to determine the timing of your workout.  
If you are not confident in your ability, do not increase the timing of your workout.  
To perform these from the upright position, do the routine in the prone, and prone chair position.

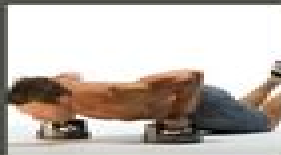
### Knee Position



UP

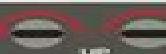
Position

Feet flat on the floor.  
Follow general rules required for your position.  
(Regular Position shown.)



DOWN

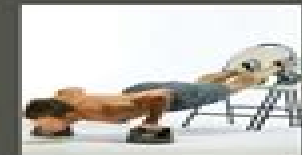
### Chair Position



UP

Position

Use stable, sturdy chairs.  
Feet flat on the floor.  
Follow general rules required for your position.  
(Regular Position shown.)



DOWN

#### Checklist

|          |   |
|----------|---|
| Head     | Neutral position - eyes to the front                  |
| Neck     | Strongly in line with spine                           |
| Shoulder | Shoulder, wrist and hip all in the same vertical line |
| Feet     | Feet flat on the ground                               |
| Core     | Core engaged and supported                            |
| Arms     | Arms straight and supported                           |
| Elbows   | Elbows straight and supported                         |
| Wrists   | Wrists straight and supported                         |
| Spine    | Spine straight and supported                          |
| Head     | Head neutral as you push back to the UP position      |

#### Routine - 2 Minute Drills

| Time | Regular    | Wide    | Close    |
|------|------------|---------|----------|
| 0:00 | 1. Regular | 1. Wide | 1. Close |
| 0:15 | 2. Regular | 2. Wide | 2. Close |
| 0:30 | 3. Regular | 3. Wide | 3. Close |
| 0:45 | 4. Regular | 4. Wide | 4. Close |
| 1:00 | 5. Regular | 5. Wide | 5. Close |
| 1:15 | 6. Regular | 6. Wide | 6. Close |
| 1:30 | 7. Regular | 7. Wide | 7. Close |
| 1:45 | 8. Regular | 8. Wide | 8. Close |
| 2:00 | 9. Regular | 9. Wide | 9. Close |

#### Schedule

| Day | Regular     | Wide     | Close     |
|-----|-------------|----------|-----------|
| 1   | 1. Regular  | 1. Wide  | 1. Close  |
| 2   | 2. Regular  | 2. Wide  | 2. Close  |
| 3   | 3. Regular  | 3. Wide  | 3. Close  |
| 4   | 4. Regular  | 4. Wide  | 4. Close  |
| 5   | 5. Regular  | 5. Wide  | 5. Close  |
| 6   | 6. Regular  | 6. Wide  | 6. Close  |
| 7   | 7. Regular  | 7. Wide  | 7. Close  |
| 8   | 8. Regular  | 8. Wide  | 8. Close  |
| 9   | 9. Regular  | 9. Wide  | 9. Close  |
| 10  | 10. Regular | 10. Wide | 10. Close |

#### Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the timing of your workout. If you are not confident in your ability, do not increase the timing of your workout. To perform these from the upright position, do the routine in the prone, and prone chair position.

# Perfect Pushup Workout Guide

**C Cleary**



## **Perfect Pushup Workout Guide:**

The Men's Health Big Book of 15-Minute Workouts Selene Yeager, Editors of Men's Health, 2011-10-25 Presents a reference guide of exercise for men including 433 exercises for eighty five fifteen minute workouts provides an eating plan with quick meals and offers workouts that can be done when away from home **Calisthenics: Complete Step by Step**

**Workout Guide to Build Strength (Accelerated Beginner's Guide to Calisthenics and Strength)** Carolyn

Thompson, 2022-01-13 Calisthenics x r appear t n r h l fitness to a similar d gr w ght b d tr n ng exercises Th benefit of l th n over w ght b d tr n ng x r is that calisthenics requires l ttl t n additional u m nt ll u need your b d This book contains different calisthenics exercise routines and six months calisthenics exercise plan for beginner to experts Here is a preview of what you ll learn What is calisthenics work out Why choose it over other workout The three secrets of calisthenics Tips before starting Beginner routines Intermediate routines Expert routines Killer abs workout How to keep motivated This book will teach you how to build muscle with calisthenics how to get started on your calisthenics journey build strength using calisthenics and construct your own workout regimen Do you not know how to do the exercises Don t worry This book has all the exercises you need and it teaches you how to do them **Fannie Rutt's MURPH WORKOUT GUIDE** Fannie Rutt, 2022-01-27

Discover a Unique Workout Guide That Will Help You Get in the Best Shape of Your Life Do you feel like you re plateauing at the gym Does it seem like you do not see any significant progress Do you feel frustrated and unmotivated to work out If so it s time to bring some novelty into your workout routine With so many different workout guides on the market it s hard to find the one that s right for you So if you re curious about trying some new training techniques look no further than thisMurph WorkoutGuide While other workout guides offer you some basic training techniques the Murph WorkoutGuidepicks up and continues right where all the other guides have failed you With scientific research to back them up this guide includes the right strategies that will help you break past the plateau and get the physique of your dreams Whether you want to achieve the physique of your dreams or just improve your stamina the expert advice and proven training techniques you ll find in thisMurph Workout Guide will surely help you With the help of this guide you ll learn how to Create a perfect workout routinewhether you re an experienced lifter or if you prefer home workouts Train to achieve hypertrophyif that s your workout focus Make short workouts more efficiently by introducing various trainingstrategies Adjust your workout routine easilyby being open to new ideas in and out of the gym And so much more Achieve your fitness goals and get the body of your dreams by following expert advice inside this book If you re looking to move past the plateau in the gym and become more physically fit this easy step by step guide will help you change your life forever So what are you waiting for *The Complete Guide to Outdoor Workouts* Matt Lawrence, 2014-07-03 The Complete Guide series is designed for the fitness professional coach fitness enthusiast and student packed with ready made training programmes tips and strategies Outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do

Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors. Covering physiology and core training principles as a starting point, this book includes different workouts for different environments: park, beach, back garden, and covers the use of a variety of popular equipment from ViPRs to kettlebells. Packed with colour photography, clearly illustrated exercises, and the latest training programmes tailored to different outdoor pursuits, *The Complete Guide to Outdoor Workouts* is the ultimate how-to guide for any fitness enthusiast who wants to get out there and make the most of the outdoors.

**Guide to Bodyweight Strength Training 2.0** Steve Antell, *Guide to Bodyweight Strength Training 2.0*

1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only. Don't have time to go to the gym? Great! You can get the same results by working with your bodyweight. Don't get me wrong: Working out is great, but it should not consume your life. It should enhance it in every aspect: give you more energy and keep you healthy in the long run. Save the time you spend going to the gym and use that extra time to do other meaningful things. With this book, I want to give you my best advice on how to get fit at home with minimal equipment and use of time. Instead of just giving you training advice, only I will equip you with a Training tool which you can use to plan and log your workouts and track your progress. All the programs presented in this book are pre-made to the tool, so all you have to do is follow along and log your training sessions. Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises. Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal. Meal planning tool and example meal plans that help you to plan ahead some basic meals. And also a weight tracking tool to track your bodyweight. Cheat sheet including all the exercises and progressions with YouTube links. The training programs and bodyweight training progressions will work for beginners and intermediates and get you far. I will present bodyweight strength training programs based on well-known workout splits that have stood the test of time and guides to all exercise progressions. I will give you a tool that includes these programs, allows you to track and plan your workouts for future success. The tool will also include YouTube video examples on each exercise. In order to cover all 100 exercises, I will not present any of the exercises in this book in picture format. With video examples, you will have a better chance of getting the exercise form correct right away. You will also get the exercise cheat sheet which has all the exercises listed with video links. There is a section at the end of this book on how to use the tracking tool. You will need some basic equipment such as a pullup bar, suspension trainers, or gymnastics rings. But I will also present alternatives if you don't have some of the equipment available and also give you instructions on what household items you can use for exercise. Such as the kitchen counter, sturdy chairs, and a dining table will get you going. And if you wish, you can do weighted bodyweight exercises by simply using a weighted backpack. What's new compared to the first edition? Updated training tool with some visual upgrades. New alternative exercises you can use for progression, and some exercises were removed. Three approaches to get your first pullup. Ring training is included in the training tool for dips and push ups for

those who like to train with rings Also progression to full ring dip with rings only if you don't have parallel bars available Improved exercise and video library More content More detailed chapter on dieting for fat loss muscle gain and maintaining About 50% more content compared to the previous version Updated units to support both lbs kg and cm inch units in the book So you don't have to convert numbers on your own based on your preferred unit of measurement There is a paid supporter version of this book The content is the same as on this free version You can find the supporter version here Google Play <https://play.google.com/store/books/details?id=bR1dEAAAQBAJ> Amazon <https://www.amazon.com/dp/B09S3VQ7CZ> Kobo <https://www.kobo.com/ww/en/ebook/guide-to-bodyweight-strength-training-2-0-supporter-version>

**Physical Best Activity Guide** Physical Best (Program), 2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Middle and High School Levels has been used with much success across the United States and for good reason The text contains 70 easy to use instructional activities ranging from noncompetitive to competitive and from less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all students regardless of skill level or disability and students will learn how to set realistic goals manage their activity levels and remain healthy throughout their lives In addition this text offers the following features A Combined Component Training chapter combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events Physical Best Activity Guide Middle and High School Levels developed by the National Association for Sport and Physical Education can stand alone or be used in conjunction with Physical Education for Lifelong Fitness The PhysicalBest Teacher's Guide Third Edition and Physical Best Activity Guide Elementary Level Third Edition It can also be used with Fitnessgram Activitygram an activity assessment and computerized reporting system and the Fitness forLife resources for middle school and high school Fitness for Life is a comprehensive program promoting lifetime health related fitness

The U.S. Navy SEAL Guide to Fitness Patricia A. Deuster, 2013-05-07 Developed to help Navy SEAL trainees meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities With a special emphasis on physical fitness everyone will benefit from these tried and true methods of honing your body for peak physical condition Topics covered include Conditioning and deconditioning Basics of cardiorespiratory exercise Open water training Weight and

strength training gear Flexibility stretches Training for specific environments and their problems Dozens of workouts Dealing with training and sports injuries Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone who wants to improve his or her health strength and endurance

**A Complete Guide to At-Home Workouts: Tips, Equipment & Fitness Exercises** Bob Babson, 2025-07-15 A

Complete Guide to At Home Workouts Tips Equipment Fitness Exercises by Bob Babson Description Get fit stay strong and feel your best right from home Whether you re a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you ll find everything you need to start and stay motivated Inside you ll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable space saving home workout equipment Sample workout plans for weight loss toning and general fitness Tips for staying motivated tracking progress and avoiding injuries Adaptable routines for all levels from beginner to advanced Quick workouts for busy schedules including 10 minute circuits Bonus Stretching and recovery techniques for overall wellness This is your go to fitness companion for staying active energized and confident no gym required Complete Calisthenics, Second Edition Ashley Kalym, 2019-12-17 The ultimate guide to bodyweight exercises for anyone interested in taking their workouts to the next level without the use of weights machines or expensive gym memberships Complete Calisthenics is an essential guide for anyone interested in losing weight building core strength and taking their workouts to the next level Author and trainer Ashley Kalym has designed a comprehensive easy to follow guide to calisthenics using only one s own bodyweight for resistance Readers will learn how to execute a wide range of exercises such as push ups pull ups core development movements and lower body routines Also included are easy to follow instructions for the planche the front and back lever handstands handstand push ups muscle ups leg training and other key exercises Complete Calisthenics includes essential information on workout preparation simple props nutrition and an assortment of diverse training routines New to this second edition are enhanced muscle building exercises instructions for optimal rest and recovery and an assortment of original recipes Kalym also includes samples from his personal food diary With over 500 instructional photos Complete Calisthenics takes readers on a path to creating physical endurance agility and power The book is suitable for every level of athlete from beginner to experienced Push-Up Mastery to Build Strength and Muscle at Home Dorian Carter, 2025-09-25 Push Up Mastery to Build Strength and Muscle at Home Your Step by Step Plan to Get Stronger and Bigger Without a Gym Want to get stronger build muscle and improve your fitness all from the comfort of home with no equipment This book is your complete guide Bodyweight training also known as calisthenics is one of the safest and most effective ways to develop lean muscle boost strength and enhance endurance And at the core of calisthenics lies the most fundamental exercise of all the push up In this book you ll learn how to use push up progressions to steadily increase your strength and muscle mass without fancy equipment or expensive gym memberships With the right

approach you'll unlock your body's potential and make real progress at your own pace. This isn't about complicating your workouts. It's about mastering the basics, training smart, and building a strong foundation that lasts. Inside you'll discover why training without equipment does make sense. The 10 proven benefits of push ups. Which muscles push ups really work. How often you should train for maximum results. The key to progressive overload in push up training. Tips to prevent muscle imbalances and avoid injury. The five fundamental rules for perfect push up form. A step by step progression plan from beginner to advanced variations. A simple yet effective push up workout plan you can follow today. Plus answers to common questions including: Can I do push ups every day? Why am I not making progress and how do I fix it? Should I lock out my arms at the top? Is it better to do push ups fast or slow? Do push ups burn fat or just build muscle? Should I go for more reps with an easier variation or fewer reps with a harder one? What should I do if my muscles are sore or if I'm stuck on one progression? Whether you're a complete beginner or looking to push past plateaus, this book gives you the tools to master push ups, build serious strength, and sculpt a powerful physique all at home. Grab your copy right now.

**QUICK START GUIDE TO BODYWEIGHT STRENGTH TRAINING** Steve Antell, Interested in building strength and muscle with bodyweight training but don't know where to start? You have found the right guide. Quick Start Guide to Bodyweight Strength Training is here to get you started with progressive bodyweight strength training. This guide includes 1 year of training programs that are based on well-known strength training splits. A free tool to track your workouts in Google Sheets. Track your progress and level up when it's time. Exercise progression from beginner to one arm push up, pistol squat, and more. Basic instruction for each exercise. Example video links in the training tool. No Ads, no registration, no third-party data storage. It all works from your own Google Drive. What are you waiting for? Download the programs and get started today. What you get exactly: 1. A training guide for progressive bodyweight strength training. 2. Tracking tool that includes: Pre-made bodyweight strength training programs based on 2-3x week Fullbody, Upper/lower, and bodypart splits. Customizable workout template with up to 4 workout days a week. One-finger logging with mobile phone. Guides included to each progression. Video links included to each exercise. You can add custom exercises to list. Training block length 5-12 weeks. Tracking sheet that counts total number of reps done in a workout and highlights the rep count with green if you made progress. If you perform less reps than last time, the cell will turn red. Planning sheet calculates the training volume for each muscle group for you. All features implemented with basic sheet functions. No scripts used, so it is safe to use and requires no special permissions. Go up or down in the progressions and select the exercises according to your strength level. Total workout time tracking included. Track individual exercises as a chart. Have fun building strength and muscle with this guide and tracking tool.

**Guide to Bodyweight Strength Training 2.0 - SUPPORTER VERSION** Steve Antell, Guide to Bodyweight Strength Training 2.0 1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only. Don't have time to go to the gym? Great. You can get the same results by working with your bodyweight. Don't get me wrong. Working out is great.

but it should not consume your life It should enhance it in every aspect give you more energy and keep you healthy in the long run Save the time you spend going to the gym and use that extra time to do other meaningful things With this book I want to give you my best advice on how to get fit at home with minimal equipment and use of time Instead of just giving you training advice only I will equip you with Training tool which you can use to plan and log your workouts and track your progress All the programs presented in this book are pre made to the tool so all you have to do is follow along and log your training sessions Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal Meal planning tool and example meal plans that helps you to plan ahead some basic meals And also a weight tracking tool to track your bodyweight Cheat sheet including all the exercises and progressions with youtube links The training programs and bodyweight training progressions will work for beginners and intermediates and get you far I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions I will give you a tool that includes these programs allows you to track and plan your workouts for future success The tool will also include youtube video examples on each exercise In order to cover all 100 exercises I will not present any of the exercises in this book in picture format With video examples you will have a better chance of getting the exercise form correct right away You will also get the exercise cheat sheet which has all the exercises listed with video links There is a section at the end of this book on how to use the tracking tool You will need some basic equipment such as a pullup bar suspension trainers or gymnastics rings But I will also present alternatives if you don t have some of the equipment available and also give you instructions on what household items you can use for exercise Such as the kitchen counter sturdy chairs and a dining table will get you going And if you wish you can do weighted bodyweight exercises by simply using a weighted backpack What s new compared to the first edition Updated training tool with some visual upgrades New alternative exercises you can use for progression and some exercises were removed Three approaches to get your first pullup Ring training is included in the training tool for dips and push ups for those who like to train with rings Also progression to full ring dip with rings only if you don t have parallel bars available Improved exercise and video library More content More detailed chapter on dieting for fat loss muscle gain and maintaining About 50% more content compared to the previous version Updated units to support both lbs kg and cm inch units in the book So you don t have to convert numbers on your own based on your preferred unit of measurement

**Shut Up and Train!** Deanne Panday, 2013-12-10 Exercising but not getting the desired results Need motivation but don t know where to look Shut Up and Train is the answer to all your workout woes From the bestselling author of I m Not Stressed comes one of the most comprehensive workout books that will help you get the body you always wanted Learn about the four pillars of fitness strength endurance flexibility and balance how to avoid an injury the different forms of training and even the miracle cure for cellulite Right from weight training to



bodybuilding Deanne Panday will share the tricks of the trade to help sculpt your body just the way you want it The U.S. Navy Seal Guide to Fitness and Nutrition Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2007-06-01 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance *The Complete Idiot's Guide to Kickboxing* Karon Karter, Guy Mezger, 2000 Provides an introduction to the sport of kickboxing including equipment techniques training and fitness routines preparing for competitions self defense and related matters **The Complete Idiot's Guide to Short Workouts** Deidre Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts Circuit Training Guide Emily James, AI, 2025-03-14 Circuit Training Guide offers a comprehensive exploration of circuit training a highly effective method for achieving full body conditioning by integrating strength and cardiovascular exercises This approach boosts your metabolic rate enhances muscular endurance and improves overall cardiovascular fitness all in a time efficient manner The book traces circuit training s evolution from military fitness programs to its current widespread adoption highlighting its adaptability for various fitness goals and levels This guide emphasizes both the physiological benefits and practical applications of circuit design It progresses from foundational concepts to advanced techniques ensuring readers understand not just what to do but why You ll learn how to select and sequence exercises effectively tailoring workouts to your specific needs whether you re a fitness enthusiast athlete or healthcare professional The book also addresses how to modify circuit training for different fitness levels injuries or equipment limitations making it a uniquely valuable resource for anyone seeking comprehensive fitness improvements **A Woman's Guide to Muscle and Strength** Irene Lewis-McCormick, 2012-02-14 If you re looking for a guide to strength training that addresses your needs not your boyfriend s or husband s then look no further A Woman s Guide to Muscle and Strength is created for women by a woman Designed to target the unique ways your body works and reacts to exercises this resource will produce the lean and well toned physique that you seek Nationally recognized and sought after personal trainer Irene Lewis McCormick has packed over 100 of the top exercises for women into this single resource As a featured writer for popular publications such as Shape and More magazines Lewis McCormick makes it easy for women of all ages and abilities to transform their bodies and she does so by providing progressive training programs while putting common training myths

to rest From free weights and TRX suspension training to foam rollers and exercise balls this book has the workouts to fit your plan Whether you re looking for a complete body transformation or simply looking for an easy way to gain strength and definition A Woman s Guide to Muscle and Strength is your guide to the strong sexy and toned body you want *Mastering the Handstand Push-up* Grant Michaels,2012-11-14 Master the Handstand Push Up to Develop the Ultimate Strength and Balance Are you seeking a challenge that will put you miles ahead in the fitness game If so then Grant Michaels s *Mastering the Handstand Push Up* is right up your alley This quick book is actually a guide to help you master this exercise one step at a time Michaels understands how difficult of an exercise this can be and he has given you detailed information on how you can accomplish this goal in a reasonable time The handstand and push up each require the body to perform a certain way With this book you will learn how to bring the two together by building your muscle strength and your endurance You will combine this with a sense of balance that is necessary to conquer this workout Why Would You Ever Want to Do a Handstand Push Up It is true that this exercise is not for the faint of heart It is for those who are challenging themselves daily and who are most likely doing some kind of resistance training However anyone can benefit from learning how to do this exercise Although it may take a little extra time if you are not actively participating in strength or resistance training You should still see An increase in strength in the upper body A dramatic increase in your balance that is hard to top with any other exercise An obvious improvement in your core strength which is not matched by exercised balls or balance boards There are also many health benefits that are to be gained from learning to do this exercise either in a freestanding form or even with using wall support You will obviously get better blood flow to your brain and this helps to increase your spatial awareness Your blood flow is being increased which can have a positive impact on your overall well being The cardiovascular and digestive systems are both helped when this exercise is performed How Will This Book Help You Perform This Exercise Michaels has divided his guide into five steps These steps are there to help you first develop the skills necessary to be able to do a handstand push up Step 1 This will help you build your endurance and become an expert at the standard push up Step 2 After you master the push up you will begin descending into the handstand Slowly you will build your endurance Step 3 You will now begin getting your bearings of being in a handstand but not yet is free stand Step 4 You will take your skills developed from the push up exercises and the handstand exercises and put them together in an almost full position Step 5 You are fully ready to take on the handstand push up Do Not Let Fear Stop You Many people do not try to master this exercise for fear of being upside down With Michael s book there is nothing to fear He takes you step by step so that you will have the strength and endurance available to increase your balance a little at a time By the end you will be standing on your hands with a whole new vantage point of the world **The Men's Health Guide To Peak Conditioning** Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear

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