

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 slightly wider than shoulder width apart.
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, chin tucked.



MID



DOWN

Position

Shoulder, elbow, and wrist in the same vertical plane.
Elbow tucked in close to the body.
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.



UP

Wide Position



UP

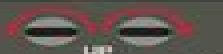
Position

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 width alignment - same as Regular Position.
Elbow goes straight back as you move toward the Down position.



DOWN

Modified Workouts

These workout variations should be completed in 2 minutes each.
Use the 30-second rule to determine the number of sets to perform.
If you are not comfortable with the exercise, do not increase the intensity of your workout.
If you are not comfortable with the exercise, do not increase the intensity of your workout.
If you are not comfortable with the exercise, do not increase the intensity of your workout.

Knee Position



UP

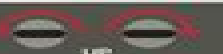
Position

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



DOWN

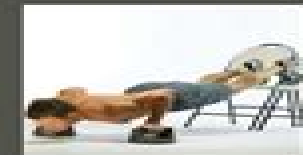
Chair Position



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, chin tucked.



DOWN

Checklist

Head	Neutral position - head to line with spine
Neck	Neutral position - head to line with spine
Back	Neutral position - head to line with spine
Feet	Feet hip-width apart
Arms	Arms extended, straight out
Core	Core engaged, tight
Elbows	Elbows tucked in close to the body
Chin	Chin tucked
Shoulders	Shoulders aligned with hips

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:10	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:20	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:30	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:40	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:50	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

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the number of sets to perform. If you are not comfortable with the exercise, do not increase the intensity of your workout. If you are not comfortable with the exercise, do not increase the intensity of your workout. If you are not comfortable with the exercise, do not increase the intensity of your workout.

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