

# PERFECT • PUSHUP™

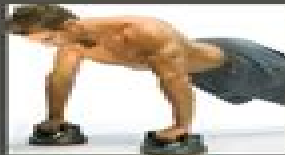
www.perfectpushup.com

## 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.



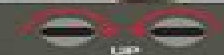
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DOWN

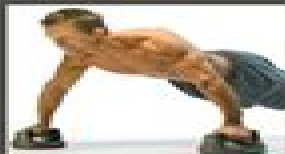
Position

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your feet should be flat on the floor.



UP

### Wide Position



UP

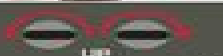
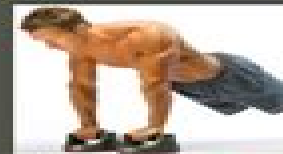
Position

Hands are placed wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

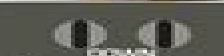
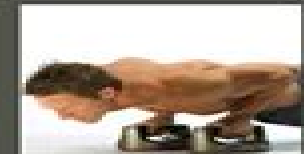
### Close Position



UP

Position

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

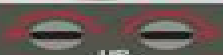
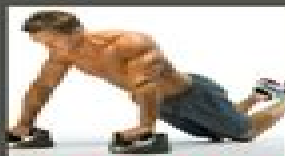


DOWN

## 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. You can always perform these from the upright position. If the routine is too easy, add more pushups.

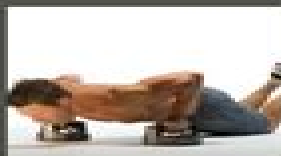
### Knee Position



UP

Position

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



DOWN

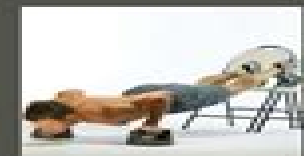
### Chair Position



UP

Position

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



DOWN

#### Checklist

Head	Neck is in line with shoulders and hips.
Back	Shoulders are in line with hips and feet.
Arms	Elbows are in line with shoulders and hips.
Feet	Feet are flat on the floor.
Core	Core is engaged throughout the workout.
Posture	Body is straight throughout the workout.

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	90	90	90
0:20	80	80	80
0:30	70	70	70
0:40	60	60	60
0:50	50	50	50
1:00	40	40	40
1:10	30	30	30
1:20	20	20	20
1:30	10	10	10
1:40	0	0	0

#### Schedule

Day	Regular	Wide	Close
1	100	100	100
2	90	90	90
3	80	80	80
4	70	70	70
5	60	60	60
6	50	50	50
7	40	40	40
8	30	30	30
9	20	20	20
10	10	10	10
11	0	0	0

#### 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. You can always perform these from the upright position. If the routine is too easy, add more pushups.

# Perfect Push Up Workout Guide

**JA Banks**



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