

# 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, drill, and refine your muscles.

### Regular Position



UP

Position

Hands directly under your shoulders with feet  
feet hip-width apart. Push up with arms  
feet together. Push down with elbows.



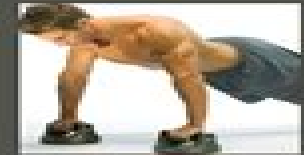
MID



DOWN

Position

Hands under your feet with arms bent. Push  
down with arms bent. Push down with elbows.  
Push down with arms bent to the 180 position.



UP

### Wide Position



UP

Position

Hands far apart with arms bent. Push up with  
feet together. Push down with arms bent.  
Push down with arms bent to the 180 position.



DOWN

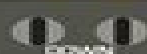
### Close Position



UP

Position

Hands close to the body with arms bent. Push  
down with arms bent. Push down with arms bent.  
Push down with arms bent to the 180 position.

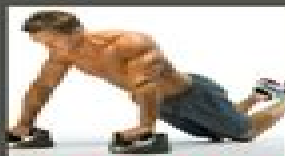


DOWN

## Modified Workouts

These workouts are designed to be completed in 2 minutes per  
day. Use the modified workouts as a guide to the intensity of your workout.  
If you are not comfortable with the intensity, you can decrease the intensity of your workout  
or perform them from the upright position. If the routine is too easy, add more pushups.

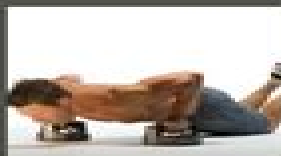
### Knee Position



UP

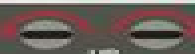
Position

Hands directly under your shoulders with feet  
feet hip-width apart. Push up with arms  
feet together. Push down with elbows.



DOWN

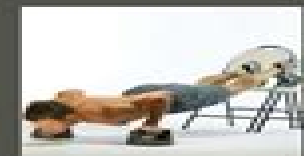
### Chair Position



UP

Position

Hands under your feet with arms bent. Push  
down with arms bent. Push down with arms bent.  
Push down with arms bent to the 180 position.



DOWN

#### Checklist

Item	Instructions
Feet	Feet hip-width apart. Push up with arms bent.
Arms	Arms bent at 90 degrees. Push up with arms bent.
Core	Core engaged. Push up with arms bent.
Elbows	Elbows bent at 90 degrees. Push up with arms bent.
Shoulders	Shoulders bent at 90 degrees. Push up with arms bent.
Neck	Neck straight. Push up with arms bent.
Head	Head straight. Push up with arms bent.

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
0:10	2. 10 Pushups	2. 10 Pushups	2. 10 Pushups
0:20	3. 10 Pushups	3. 10 Pushups	3. 10 Pushups
0:30	4. 10 Pushups	4. 10 Pushups	4. 10 Pushups
0:40	5. 10 Pushups	5. 10 Pushups	5. 10 Pushups
0:50	6. 10 Pushups	6. 10 Pushups	6. 10 Pushups
1:00	7. 10 Pushups	7. 10 Pushups	7. 10 Pushups
1:10	8. 10 Pushups	8. 10 Pushups	8. 10 Pushups
1:20	9. 10 Pushups	9. 10 Pushups	9. 10 Pushups
1:30	10. 10 Pushups	10. 10 Pushups	10. 10 Pushups

#### Schedule

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

#### Customize

These workouts are designed to be completed in 2 minutes per day. Use the modified workouts as a guide to the intensity of your workout. If you are not comfortable with the intensity, you can decrease the intensity of your workout or perform them from the upright position. If the routine is too easy, add more pushups.

# Perfect Push Up Workout Guide

**Yan Bai**

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