

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



MID



DOWN

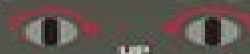
Position

Shoulder, elbow, and wrist in the same vertical plane.
Feet hip-width apart. Head, neck, back, hips, and 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

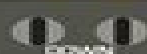
Close Position



UP

Position

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

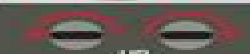
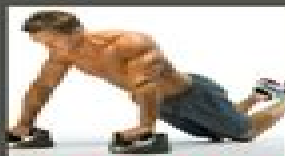


DOWN

Modified Workouts

These workout routines are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a benchmark for your progress. If you are unable to complete the challenge, do not worry. The challenge is designed to be a goal, not a requirement. If you are unable to complete the challenge, do not worry. The challenge is designed to be a goal, not a requirement.

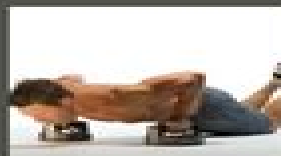
Knee Position



UP

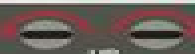
Position

Hands slightly wider than shoulder width apart.
Feet hip-width apart. Head, neck, back, hips, and ankles in a straight line.



DOWN

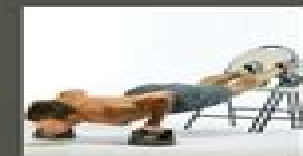
Chair Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet hip-width apart. Head, neck, back, hips, and ankles in a straight line.



DOWN

Checklist

Item	Instructions
Feet	Feet hip-width apart. Head, neck, back, hips, and ankles in a straight line.
Hands	Hands slightly wider than shoulder width apart.
Elbows	Elbows slightly wider than shoulder width apart.
Core	Core engaged and tight.
Neck	Neck straight and aligned with the rest of the body.
Head	Head straight and aligned with the rest of the body.
Back	Back straight and aligned with the rest of the body.
Hips	Hips straight and aligned with the rest of the body.
Ankles	Ankles straight and aligned with the rest of the body.

Routine - 2 Minute Drills

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

Schedule

Day	Regular	Wide	Close
1	100	100	100
2	100	100	100
3	100	100	100
4	100	100	100
5	100	100	100
6	100	100	100
7	100	100	100
8	100	100	100
9	100	100	100
10	100	100	100
11	100	100	100
12	100	100	100
13	100	100	100
14	100	100	100
15	100	100	100
16	100	100	100
17	100	100	100
18	100	100	100
19	100	100	100
20	100	100	100
21	100	100	100
22	100	100	100
23	100	100	100
24	100	100	100
25	100	100	100
26	100	100	100
27	100	100	100
28	100	100	100
29	100	100	100
30	100	100	100

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a benchmark for your progress. If you are unable to complete the challenge, do not worry. The challenge is designed to be a goal, not a requirement. If you are unable to complete the challenge, do not worry. The challenge is designed to be a goal, not a requirement.

Perfect Push Up Manual

WJ Hussar



Perfect Push Up Manual:

The book delves into Perfect Push Up Manual. Perfect Push Up Manual is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Perfect Push Up Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Perfect Push Up Manual
- Chapter 2: Essential Elements of Perfect Push Up Manual
- Chapter 3: Perfect Push Up Manual in Everyday Life
- Chapter 4: Perfect Push Up Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Perfect Push Up Manual. This chapter will explore what Perfect Push Up Manual is, why Perfect Push Up Manual is vital, and how to effectively learn about Perfect Push Up Manual.
3. In chapter 2, the author will delve into the foundational concepts of Perfect Push Up Manual. This chapter will elucidate the essential principles that must be understood to grasp Perfect Push Up Manual in its entirety.
4. In chapter 3, this book will examine the practical applications of Perfect Push Up Manual in daily life. The third chapter will showcase real-world examples of how Perfect Push Up Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Perfect Push Up Manual in specific contexts. This chapter will explore how Perfect Push Up Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Perfect Push Up Manual. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Push Up Manual.

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