

# 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, you have challenging workouts, drills, or they become routines.

### Regular Position



UP

Position

Hands slightly wider than shoulder width apart.  
Feet together & toes tucked under.  
Head neutral. Forearm straight, elbow straight.



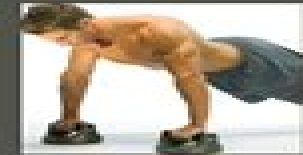
MID



DOWN

Position

Shoulder, elbow and hip in the same vertical line.  
Feet together & toes tucked under.  
Head neutral as you move back to the UP position.



UP

### Wide Position



UP

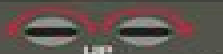
Position

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



DOWN

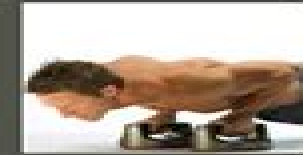
### Close Position



UP

Position

Hands close to each other, within the shoulder.  
Body alignment - same as body in Regular Position.  
Down go as high back as you move forward in the Close position.

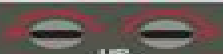


DOWN

## Modified Workouts

These three variations should be completed in 2 minutes each.  
Use the 30-second rule to determine the number of pushups.  
If you are not comfortable the number, do not increase the number of pushups.  
If you are not comfortable the number, do not increase the number of pushups.

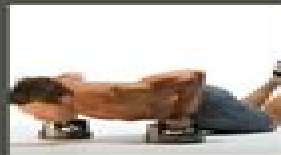
### Knee Position



UP

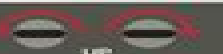
Position

Feet together & toes tucked under.  
Head neutral as you move back to the UP position.  
(Regular Position down)



DOWN

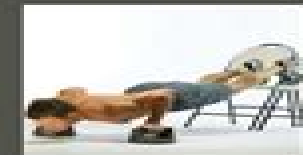
### Chair Position



UP

Position

Use a chair, bench, or stool.  
Feet together & toes tucked under.  
Head neutral as you move back to the UP position.  
(Regular Position down)



DOWN

#### Checklist

Head	Neutral position - eyes to the front
Neck	Straight - no head down
Shoulder	Shoulder, elbow and hip in the same vertical line
Feet	Feet together & toes tucked under
Head	Head neutral as you move back to the UP position
Core	Core engaged - no sagging
Elbow	Elbow straight, no bending
Forearm	Forearm straight, no bending
Hand	Hand flat, fingers spread
Wrist	Wrist straight, no bending
Back	Back straight, no rounding
Hip	Hip straight, no sagging
Leg	Leg straight, no bending
Foot	Foot flat, toes tucked under
Head	Head neutral as you move back to the UP position

#### Routine - 2 Minute Drills

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

#### Schedule

Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	10, 10, 10	10, 10, 10	10, 10, 10
8	10, 10, 10	10, 10, 10	10, 10, 10
9	10, 10, 10	10, 10, 10	10, 10, 10
10	10, 10, 10	10, 10, 10	10, 10, 10
11	10, 10, 10	10, 10, 10	10, 10, 10
12	10, 10, 10	10, 10, 10	10, 10, 10
13	10, 10, 10	10, 10, 10	10, 10, 10
14	10, 10, 10	10, 10, 10	10, 10, 10
15	10, 10, 10	10, 10, 10	10, 10, 10
16	10, 10, 10	10, 10, 10	10, 10, 10
17	10, 10, 10	10, 10, 10	10, 10, 10
18	10, 10, 10	10, 10, 10	10, 10, 10
19	10, 10, 10	10, 10, 10	10, 10, 10
20	10, 10, 10	10, 10, 10	10, 10, 10
21	10, 10, 10	10, 10, 10	10, 10, 10
22	10, 10, 10	10, 10, 10	10, 10, 10
23	10, 10, 10	10, 10, 10	10, 10, 10
24	10, 10, 10	10, 10, 10	10, 10, 10
25	10, 10, 10	10, 10, 10	10, 10, 10
26	10, 10, 10	10, 10, 10	10, 10, 10
27	10, 10, 10	10, 10, 10	10, 10, 10
28	10, 10, 10	10, 10, 10	10, 10, 10
29	10, 10, 10	10, 10, 10	10, 10, 10
30	10, 10, 10	10, 10, 10	10, 10, 10
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32	10, 10, 10	10, 10, 10	10, 10, 10
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57	10, 10, 10	10, 10, 10	10, 10, 10
58	10, 10, 10	10, 10, 10	10, 10, 10
59	10, 10, 10	10, 10, 10	10, 10, 10
60	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 pushups. If you are not comfortable the number, do not increase the number of pushups. If you are not comfortable the number, do not increase the number of pushups.

# Perfect Push Up Manual

**CO Houle**



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