

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 from head to heels. Your elbows should be directly under your shoulders.



MID



DOWN

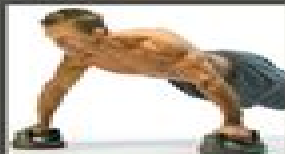
Position

Shoulder, elbow, and hip are all directly under the shoulder. Body alignment - spine runs easily as Regular Position. Elbows should be directly under the hip position.



UP

Wide Position



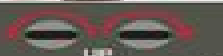
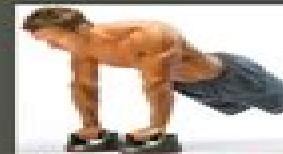
UP

Position

Hands are placed wider than your shoulders with your feet flat on the floor. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.



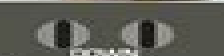
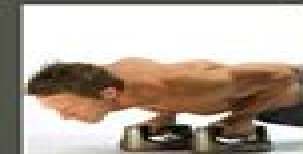
DOWN



UP

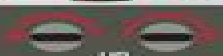
Position

Shoulder, elbow, and hip are all directly under the shoulder. Body alignment - spine runs easily as Regular Position. Elbows should be directly under the hip position.



DOWN

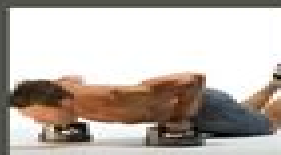
Close Position



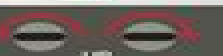
UP

Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.



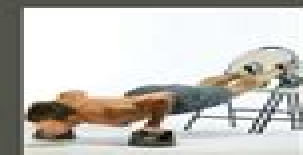
DOWN



UP

Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.



DOWN

Knee Position

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The challenge is to perform more than the challenge. If the challenge is too hard, you can do it in 10 minutes.

Chair Position

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Hands	Hands directly below your shoulders with your feet flat on the floor.
Elbows	Elbows directly under your shoulders with your feet flat on the floor.
Core	Core muscles engaged and held in a tight position.
Spine	Spine straight from head to heels.
Head	Head straight from head to heels.

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
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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 pushups challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The challenge is to perform more than the challenge. If the challenge is too hard, you can do it in 10 minutes.

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**Christopher Hagerman, Mike
Ritland, SOFREP**



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