

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



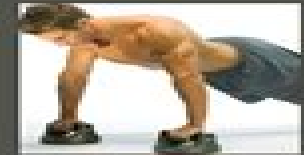
MID



DOWN

Position

Shoulder, elbow, and wrist in the same vertical plane.
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

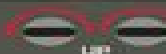
Position

Hands farthest apart, wider than shoulder width apart.
Body alignment - spine runs parallel to Regular Position.
Down position - Elbow points straight out.



DOWN

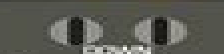
Close Position



UP

Position

Hands closest to the body, within the shoulders.
Body alignment - spine runs parallel to Regular Position.
Elbow goes straight back as you move toward the Down position.

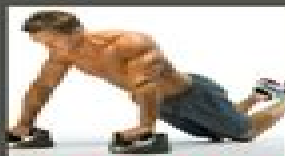


DOWN

Modified Workouts

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

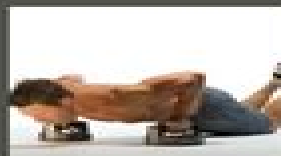
Knee Position



UP

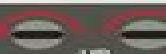
Position

Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



DOWN

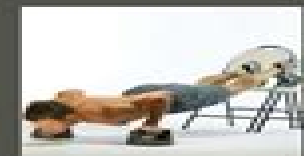
Chair Position



UP

Position

Hands on a chair, feet on the floor.
Body alignment - spine runs parallel to Regular Position.
Elbow goes straight back as you move toward the Down position.



DOWN

Checklist

Item	Instructions
Feet	Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head	Head neutral. Neck straight, spine straight.
Neck	Neck straight, spine straight.
Spine	Spine straight, spine straight.
Elbow	Elbow goes straight back as you move toward the Down position.
Elbow	Elbow goes straight back as you move toward the Down position.
Elbow	Elbow goes straight back as you move toward the Down position.
Elbow	Elbow goes straight back as you move toward the Down position.
Elbow	Elbow goes straight back as you move toward the Down position.
Elbow	Elbow goes straight back as you move toward the Down position.

Routine - 2 Minute Drills

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

Schedule

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

Perfect Push Up Workout Guide

**Christopher Hagerman, Mike
Ritland, SOFREP**



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