

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 workout drills for every fitness level.

Regular Position



UP

Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight.



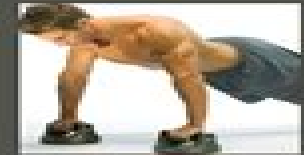
MID



DOWN

Position

Hands under your head and feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



UP

Wide Position



UP

Position

Hands far apart with your feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



DOWN

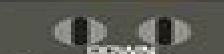
Close Position



UP

Position

Hands close to your head with your feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 10-second rest periods as a guideline for the timing of your workout. If you are not comfortable with the timing, you can increase the number of rest periods or perform them from the upright position. If the routine is too easy, add more pushups.

Knee Position



UP

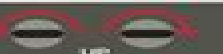
Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



DOWN

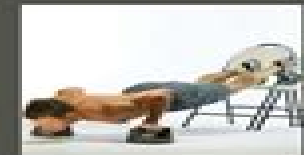
Chair Position



UP

Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms extended straight out in front of you.
Head	Head down, neck straight, eyes looking at the floor.
Core	Core muscles engaged, back straight.
Posture	Body straight, no sagging in the hips or lower back.
Breathing	Breathe in as you go down, breathe out as you go up.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:10	2. Regular	2. Wide	2. Close
0:20	3. Regular	3. Wide	3. Close
0:30	4. Regular	4. Wide	4. Close
0:40	5. Regular	5. Wide	5. Close
0:50	6. Regular	6. Wide	6. Close
1:00	7. Regular	7. Wide	7. Close
1:10	8. Regular	8. Wide	8. Close
1:20	9. Regular	9. Wide	9. Close
1:30	10. Regular	10. Wide	10. Close
1:40	11. Regular	11. Wide	11. Close
1:50	12. Regular	12. Wide	12. Close

Schedule

Day	Regular	Wide	Close
1	1. Regular	1. Wide	1. Close
2	2. Regular	2. Wide	2. Close
3	3. Regular	3. Wide	3. Close
4	4. Regular	4. Wide	4. Close
5	5. Regular	5. Wide	5. Close
6	6. Regular	6. Wide	6. Close
7	7. Regular	7. Wide	7. Close
8	8. Regular	8. Wide	8. Close
9	9. Regular	9. Wide	9. Close
10	10. Regular	10. Wide	10. Close
11	11. Regular	11. Wide	11. Close
12	12. Regular	12. Wide	12. Close

Customize

These workouts are designed to be completed in 2 minutes each. If you are not comfortable with the timing, you can increase the number of rest periods or perform them from the upright position. If the routine is too easy, add more pushups.

Perfect Push Up Manual

Padhraic Smyth

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Perfect Push Up Manual:

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