

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 flat on the ground.
Head neutral. Neck straight, spine straight.



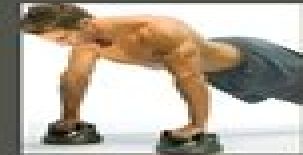
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

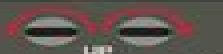
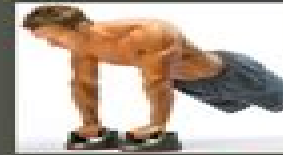
Position

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



DOWN

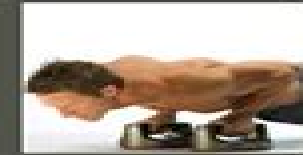
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - spine runs parallel to Regular Position.
Down position - Elbow points straight out.

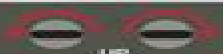


DOWN

Modified Workouts

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

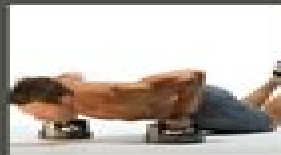
Knee Position



UP

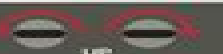
Position

Feet flat on the floor.
Feet flat on the floor.
Feet flat on the floor.



DOWN

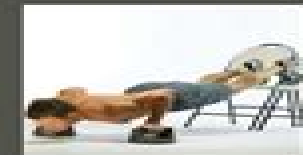
Chair Position



UP

Position

Feet flat on the floor.
Feet flat on the floor.
Feet flat on the floor.



DOWN

Checklist

Feet	Feet flat on the floor.
Head	Head neutral, neck straight, spine straight.
Arms	Arms straight, no bending at the elbow.
Elbow	Elbow straight, no bending at the elbow.
Core	Core engaged, spine straight.
Feet	Feet flat on the floor.
Feet	Feet flat on the floor.
Feet	Feet flat on the floor.

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

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

Customize

These workouts are designed to be completed in 2 minutes each. If you are not comfortable with the number of reps, do a smaller number of reps. If you are not comfortable with the number of reps, do a smaller number of reps.

Perfect Push Up Manual

R Bogdan

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

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Eventually, you will utterly discover a supplementary experience and deed by spending more cash. nevertheless when? complete you tolerate that you require to get those all needs behind having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more not far off from the globe, experience, some places, past history, amusement, and a lot more?

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