

# 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.



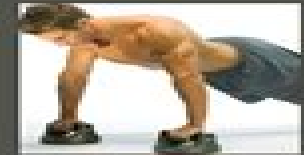
MID



DOWN

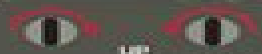
Position

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 far apart, wider than shoulder width apart.  
Body alignment - spine runs parallel to Regular Position.  
Down position - 1. Elbow points straight out.



DOWN

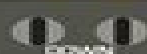
### Close Position



UP

Position

Hands close to the body, within the shoulder width.  
Body alignment - spine runs parallel to Regular Position.  
Down position - 1. Elbow points straight out.

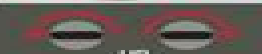
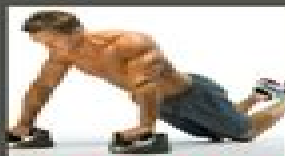


DOWN

## Modified Workouts

These three workouts should be completed in 2 minutes each.  
Use the 30-second rule to determine the number of 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.

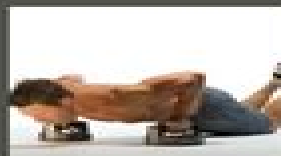
### Knee Position



UP

Position

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.



DOWN

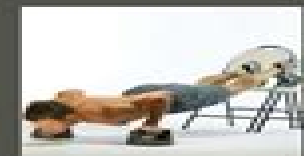
### Chair Position



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.



DOWN

#### Checklist

Head	Neutral position - head to line with spine
Neck	Neutral position - head to line with spine
Back	Neutral position - head to line with spine
Feet	Feet hip-width apart
Arms	Arms straight out, parallel to floor
Core	Core engaged, spine straight
Legs	Legs straight out, parallel to floor
Shoulders	Shoulders straight, parallel to 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. 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

**Clemens Wendtner**

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

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