

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.



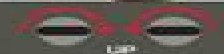
MID



DOWN

Position

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



UP

Wide Position



UP

Position

Hands far apart with your feet flat on the floor. Your body should be straight.



DOWN

Close Position



UP

Position

Hands close to your feet with your feet flat on the floor. Your body should be straight.



DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the modifications to make the workouts easier or harder as needed. If you are not comfortable with the modifications, you can always do the regular pushup. If you are not comfortable with the modifications, you can always do the regular pushup.

Knee Position



UP

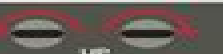
Position

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



DOWN

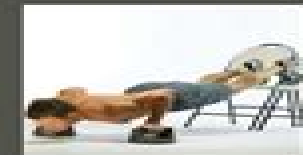
Chair Position



UP

Position

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



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, neck, and shoulders in a straight line.
Core	Core muscles engaged to support the body.
Back	Back muscles engaged to support the body.
Shoulders	Shoulders engaged to support the body.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	20	20	20
0:20	30	30	30
0:30	40	40	40
0:40	50	50	50
0:50	60	60	60
1:00	70	70	70
1:10	80	80	80
1:20	90	90	90
1:30	100	100	100
1:40	110	110	110
1:50	120	120	120
2:00	130	130	130

Schedule

Day	Regular	Wide	Close
Monday	10	10	10
Tuesday	20	20	20
Wednesday	30	30	30
Thursday	40	40	40
Friday	50	50	50
Saturday	60	60	60
Sunday	70	70	70

Customize

These workouts are designed to be completed in 2 minutes per day. Use the modifications to make the workouts easier or harder as needed. If you are not comfortable with the modifications, you can always do the regular pushup. If you are not comfortable with the modifications, you can always do the regular pushup.

Perfect Pushup Workout Guide

Jianjun Gao

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

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