

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 from head to heels. Your elbows should be directly under your shoulders.



MID



DOWN

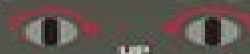
Position

Shoulder, chest and head all touch the ground. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.



UP

Wide Position



UP

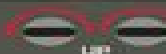
Position

Hands are far apart wider than your shoulders with your feet flat on the floor. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.



DOWN

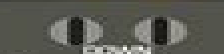
Close Position



UP

Position

Hands should be all the way close to the shoulders. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.

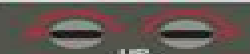


DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 30-second rule to determine the number of pushups you can do. If you are unable to complete the workout, do as many as you can and then rest for 30 seconds before starting the next workout. If the routine is too easy, add more pushups.

Knee Position



UP

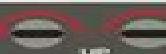
Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.



DOWN

Chair Position



UP

Position

Hands should be all the way close to the shoulders. Your body should be straight from head to heels. Your elbows should be directly under your shoulders.



DOWN

Checklist

Item	Instructions
Feet	Feet should be flat on the floor.
Arms	Arms should be straight from head to heels.
Elbows	Elbows should be directly under your shoulders.
Core	Core should be tight and engaged.
Posture	Posture should be straight from head to heels.
Breathing	Breathe in and out as you push up and down.

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

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 you can do. If you are unable to complete the workout, do as many as you can and then rest for 30 seconds before starting the next workout. If the routine is too easy, add more pushups.

Perfect Pushup Workout Guide

O García

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

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