

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 workouts, drills, or they become routines.

Regular Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet together & toes tucked under.
Head neutral. Forearm straight, elbow straight.



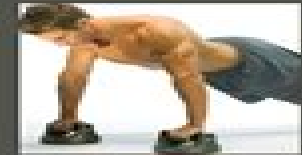
MID



DOWN

Position

Shoulder, elbow and hip in the same vertical line.
Feet together & toes tucked under.
Head neutral as you move back to the UP position.



UP

Wide Position



UP

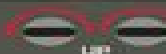
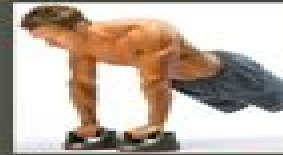
Position

Hands far apart wider than shoulder width apart.
Body alignment - same as Regular Position.
Down position - Elbow points straight out.



DOWN

Close Position



UP

Position

Hands close to each other, within the shoulder.
Body alignment - same as Regular Position.
Down go straight back as you move toward the UP position.



DOWN

Modified Workouts

These three exercises 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 exercise, do not do it. If you are not comfortable with the exercise, do not do it. If you are not comfortable with the exercise, do not do it.

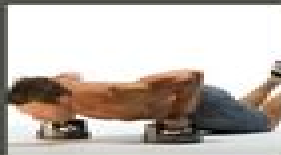
Knee Position



UP

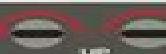
Position

Feet together & toes tucked under.
Head neutral as you move back to the UP position.



DOWN

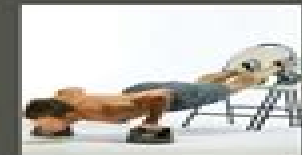
Chair Position



UP

Position

Use a chair, bench or stool.
Feet together & toes tucked under.
Head neutral as you move back to the UP position.



DOWN

Checklist

Item	Notes
Feet	Feet together & toes tucked under.
Head	Head neutral as you move back to the UP position.
Arms	Arms straight, elbow straight.
Core	Core tight, back straight.
Feet	Feet together & toes tucked under.
Head	Head neutral as you move back to the UP position.

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 reps. If you are not comfortable with the exercise, do not do it. If you are not comfortable with the exercise, do not do it. If you are not comfortable with the exercise, do not do it.

Perfect Push Up Manual

Michael Seilmaier



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