

# 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

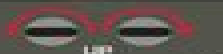
Position

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 workout routines are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a benchmark for your progress. If you are unable to complete the challenge, do not worry. The challenge is designed to be completed in 2 weeks, not 1 day. If you are unable to complete the challenge, do not worry. The challenge is designed to be completed in 2 weeks, not 1 day.

### Knee Position



UP

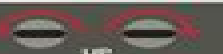
Position

Feet flat on the floor.  
Knee position - Elbow points straight out.



DOWN

### Chair Position



UP

Position

Feet flat on the floor.  
Chair position - Elbow points straight out.



DOWN

#### Checklist

Feet	Feet flat on the floor.
Head	Head neutral, neck straight, spine straight.
Arms	Arms extended, hands flat on the floor.
Elbows	Elbows straight, no bending.
Core	Core engaged, spine straight.
Feet	Feet flat on the floor.
Feet	Feet flat on the floor.

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	100	100	100
0:20	100	100	100
0:30	100	100	100
0:40	100	100	100
0:50	100	100	100
1:00	100	100	100
1:10	100	100	100
1:20	100	100	100
1:30	100	100	100
1:40	100	100	100
1:50	100	100	100
2:00	100	100	100

#### Schedule

Day	Regular	Wide	Close
1	100	100	100
2	100	100	100
3	100	100	100
4	100	100	100
5	100	100	100
6	100	100	100
7	100	100	100
8	100	100	100
9	100	100	100
10	100	100	100
11	100	100	100
12	100	100	100
13	100	100	100
14	100	100	100
15	100	100	100
16	100	100	100
17	100	100	100
18	100	100	100
19	100	100	100
20	100	100	100
21	100	100	100
22	100	100	100
23	100	100	100
24	100	100	100

#### Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a benchmark for your progress. If you are unable to complete the challenge, do not worry. The challenge is designed to be completed in 2 weeks, not 1 day. If you are unable to complete the challenge, do not worry. The challenge is designed to be completed in 2 weeks, not 1 day.

# Perfect Pushup Manual

**Lingjun Ying**



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