

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

Positions

Hands should be shoulder-width apart.
Feet should be hip-width apart.
Head should be in line with spine.



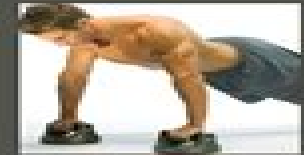
MID



DOWN

Positions

Hands should be shoulder-width apart.
Feet should be hip-width apart.
Head should be in line with spine.



UP

Wide Position



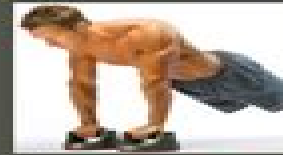
UP

Positions

Hands should be wider than shoulder-width apart.
Feet should be hip-width apart.
Head should be in line with spine.



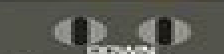
DOWN



UP

Positions

Hands should be closer than shoulder-width apart.
Feet should be hip-width apart.
Head should be in line with spine.



DOWN

Close Position

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 a goal, not a requirement. If you are unable to complete the challenge, do not worry. The challenge is designed to be a goal, not a requirement.

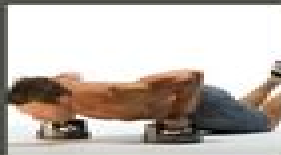
Knee Position



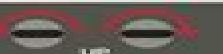
UP

Positions

Hands should be shoulder-width apart.
Feet should be hip-width apart.
Head should be in line with spine.



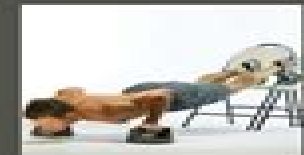
DOWN



UP

Positions

Hands should be shoulder-width apart.
Feet should be on a chair.
Head should be in line with spine.



DOWN

Chair Position

Checklist

Item	Instructions
Feet	Feet should be hip-width apart.
Hands	Hands should be shoulder-width apart.
Head	Head should be in line with spine.
Core	Core should be engaged.
Arms	Arms should be straight.
Legs	Legs should be straight.
Feet	Feet should be hip-width apart.
Hands	Hands should be shoulder-width apart.
Head	Head should be in line with spine.
Core	Core should be engaged.
Arms	Arms should be straight.
Legs	Legs should be straight.

Routine - 2 Minute Drills

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

Schedule

Day	Regular	Wide	Close
1	100	100	100
2	90	90	90
3	80	80	80
4	70	70	70
5	60	60	60
6	50	50	50
7	40	40	40
8	30	30	30
9	20	20	20
10	10	10	10
11	0	0	0
12	0	0	0
13	0	0	0
14	0	0	0
15	0	0	0
16	0	0	0
17	0	0	0
18	0	0	0
19	0	0	0
20	0	0	0

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 a goal, not a requirement. If you are unable to complete the challenge, do not worry. The challenge is designed to be a goal, not a requirement.

Perfect Pushup Workout Guide

Lei Shi

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.

Perfect Pushup Workout Guide:

Perfect Pushup Workout Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Perfect Pushup Workout Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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