

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 day, these workouts challenge, drill, and refine your muscles.

Regular Position



UP

Position

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



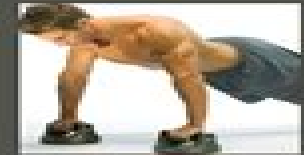
MID



DOWN

Position

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



UP

Wide Position



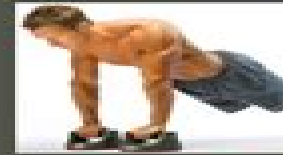
UP

Position

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



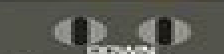
DOWN



UP

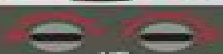
Position

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



DOWN

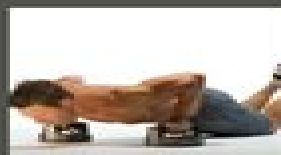
Close Position



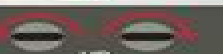
UP

Position

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



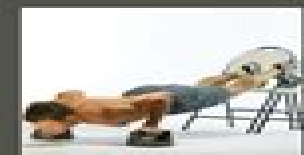
DOWN



UP

Position

Hands directly under your shoulders 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 schedule below to determine the number of sets and reps. If you are not a beginner, you can increase the number of sets and reps to perform from the regular position. If the routine is too easy, add more sets and reps.

Knee Position

Chair Position

Checklist

Feet	Feet flat on the floor
Head	Head up, neck straight
Arms	Arms straight, hands under shoulders
Body	Body straight, no sagging in the middle
Core	Core engaged, no sagging in the middle
Feet	Feet flat on the floor
Head	Head up, neck straight
Arms	Arms straight, hands under shoulders
Body	Body straight, no sagging in the middle
Core	Core engaged, no sagging in the middle
Feet	Feet flat on the floor
Head	Head up, neck straight
Arms	Arms straight, hands under shoulders
Body	Body straight, no sagging in the middle
Core	Core engaged, no sagging in the middle

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
1:00	10, 10, 10	10, 10, 10	10, 10, 10
1:10	10, 10, 10	10, 10, 10	10, 10, 10
1:20	10, 10, 10	10, 10, 10	10, 10, 10
1:30	10, 10, 10	10, 10, 10	10, 10, 10
1:40	10, 10, 10	10, 10, 10	10, 10, 10
1:50	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
8	10, 10, 10	10, 10, 10	10, 10, 10
9	10, 10, 10	10, 10, 10	10, 10, 10
10	10, 10, 10	10, 10, 10	10, 10, 10
11	10, 10, 10	10, 10, 10	10, 10, 10
12	10, 10, 10	10, 10, 10	10, 10, 10
13	10, 10, 10	10, 10, 10	10, 10, 10
14	10, 10, 10	10, 10, 10	10, 10, 10
15	10, 10, 10	10, 10, 10	10, 10, 10
16	10, 10, 10	10, 10, 10	10, 10, 10
17	10, 10, 10	10, 10, 10	10, 10, 10
18	10, 10, 10	10, 10, 10	10, 10, 10
19	10, 10, 10	10, 10, 10	10, 10, 10
20	10, 10, 10	10, 10, 10	10, 10, 10
21	10, 10, 10	10, 10, 10	10, 10, 10
22	10, 10, 10	10, 10, 10	10, 10, 10
23	10, 10, 10	10, 10, 10	10, 10, 10
24	10, 10, 10	10, 10, 10	10, 10, 10
25	10, 10, 10	10, 10, 10	10, 10, 10
26	10, 10, 10	10, 10, 10	10, 10, 10
27	10, 10, 10	10, 10, 10	10, 10, 10
28	10, 10, 10	10, 10, 10	10, 10, 10
29	10, 10, 10	10, 10, 10	10, 10, 10
30	10, 10, 10	10, 10, 10	10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes per day. Use the schedule below to determine the number of sets and reps. If you are not a beginner, you can increase the number of sets and reps to perform from the regular position. If the routine is too easy, add more sets and reps.

Perfect Push Up Manual

JS Bruner



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