

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 floor, toes tucked under.
Head neutral. Neck straight, spine straight.



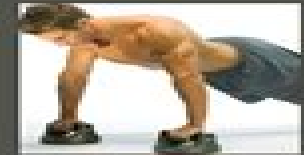
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.
Elbow tucked in close to the body.
Feet flat on the floor, toes tucked under.



UP

Wide Position



UP

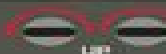
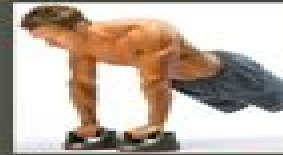
Position

Hands far apart, wider than shoulder width apart.
Body alignment - spine runs parallel to Regular Position.
Down position - Elbow points straight out.



DOWN

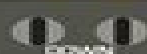
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - spine runs parallel to Regular Position.
Elbow go straight back as you move toward the Down position.



DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each.
Use the 30-second rule to determine the number of reps.
If you are not confident the number, do not decrease the number of reps.
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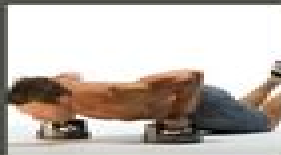
Knee Position



UP

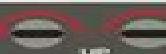
Position

Feet flat on the floor, toes tucked under.
Head neutral. Neck straight, spine straight.



DOWN

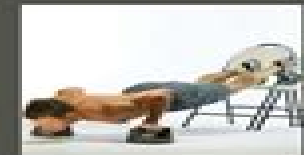
Chair Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - spine runs parallel to Regular Position.
Elbow go straight back as you move toward the Down position.



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Neutral position - eyes to the front
Shoulder	Shoulder, elbow and hip all in one straight line
Elbow	Elbow tucked in close to the body
Feet	Feet flat on the floor, toes tucked under
Head	Head neutral. Neck straight, spine straight
Spine	Spine straight. Elbow tucked in close to the body
Elbow	Elbow tucked in close to the body
Feet	Feet flat on the floor, toes tucked under

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:15	2. Regular	2. Wide	2. Close
0:30	3. Regular	3. Wide	3. Close
0:45	4. Regular	4. Wide	4. Close
1:00	5. Regular	5. Wide	5. Close
1:15	6. Regular	6. Wide	6. Close
1:30	7. Regular	7. Wide	7. Close
1:45	8. Regular	8. Wide	8. Close
2:00	9. Regular	9. Wide	9. Close

Schedule

Day	Regular	Wide	Close
1	1. Regular	1. Wide	1. Close
2	2. Regular	2. Wide	2. Close
3	3. Regular	3. Wide	3. Close
4	4. Regular	4. Wide	4. Close
5	5. Regular	5. Wide	5. Close
6	6. Regular	6. Wide	6. Close
7	7. Regular	7. Wide	7. Close
8	8. Regular	8. Wide	8. Close
9	9. Regular	9. Wide	9. Close
10	10. Regular	10. Wide	10. Close

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 confident the number, do not decrease the number of reps. If you are not confident the number, do not decrease the number of reps.

Perfect Push Up Workout Guide

L Manion

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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- The fuel filter has been installed and properly ... 4500/5500 Kodiak Fuel Lines LinesToGo

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