

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

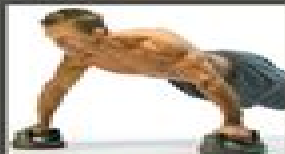
Position

Shoulder, elbow and hip all in one straight line.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

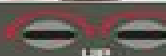
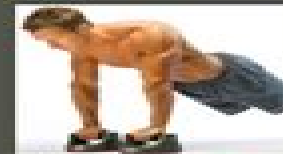
Position

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



DOWN

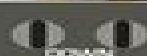
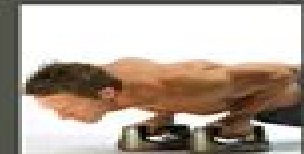
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - spine runs parallel to Regular Position.
Down position - Elbow points straight out.

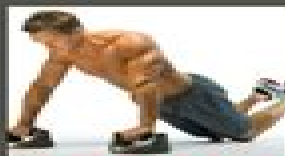


DOWN

Modified Workouts

These workout variations should be completed in 2 minutes each.
Use the 30-second rule to determine the number of sets to perform.
If you are not comfortable with the exercise, do not perform the exercise at all.
If you are not comfortable with the exercise, do not perform the exercise at all.

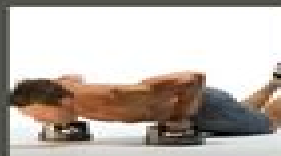
Knee Position



UP

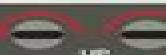
Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



DOWN

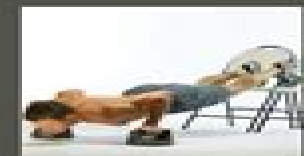
Chair Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



DOWN

Checklist

Head	Neutral position - head to line with spine
Neck	Neutral position - head to line with spine
Spine	Neutral position - head to line with spine
Feet	Feet flat on the ground
Elbow	Elbow points straight out
Hand	Hands slightly wider than shoulder width apart
Core	Core engaged - spine runs parallel to Regular Position
Down	Down position - Elbow points straight out
Up	Up position - Elbow points straight out

Routine - 2 Minute Drills

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

Schedule

Day	Regular	Wide	Close
1	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
2	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
3	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
4	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
5	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
6	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
7	10, 10, 10, 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 sets to perform. If you are not comfortable with the exercise, do not perform the exercise at all. If you are not comfortable with the exercise, do not perform the exercise at all.

Perfect Pushup Manual

K Morrison



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