

PERFECT • PUSHUP™

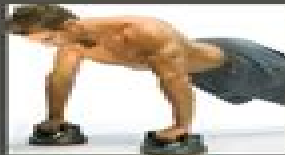
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Get Ripped Workouts

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, 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

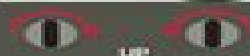
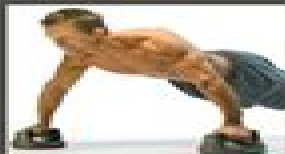
Position

Hands under your feet and feet flat on the floor. Your body should be straight. Your head should be in line with your spine.



UP

Wide Position



UP

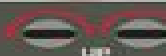
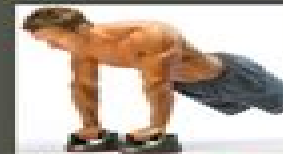
Position

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



DOWN

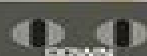
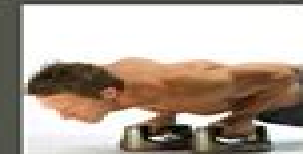
Close Position



UP

Position

Hands close to your feet with your feet flat on the floor. Your body should be straight. Your head should be in line with your spine.

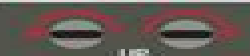
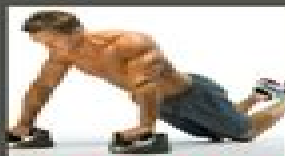


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per workout. Use the 100 pushups as a goal. If you are not able to complete the 100 pushups, do as many as you can. If you are not able to complete the 100 pushups, do as many as you can. If you are not able to complete the 100 pushups, do as many as you can.

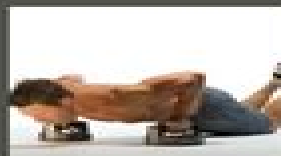
Knee Position



UP

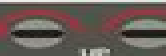
Position

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



DOWN

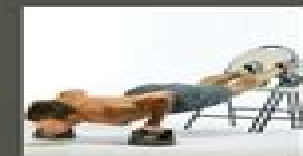
Chair Position



UP

Position

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



DOWN

Checklist

Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight and extended
Elbows	Elbows straight and extended
Core	Core engaged and tight
Body	Body straight and extended
Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight and extended
Elbows	Elbows straight and extended
Core	Core engaged and tight
Body	Body straight and extended
Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight and extended
Elbows	Elbows straight and extended
Core	Core engaged and tight
Body	Body straight and extended

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
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19	100	100	100
20	100	100	100
21	100	100	100
22	100	100	100
23	100	100	100
24	100	100	100
25	100	100	100
26	100	100	100
27	100	100	100
28	100	100	100
29	100	100	100
30	100	100	100

Customize

These workouts are designed to be completed in 2 minutes per workout. Use the 100 pushups as a goal. If you are not able to complete the 100 pushups, do as many as you can. If you are not able to complete the 100 pushups, do as many as you can. If you are not able to complete the 100 pushups, do as many as you can.

Perfect Pushup Workout Guide

Steve Antell



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