

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, drill, and refine your muscles.

Regular Position



UP

Position

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



MID



DOWN

Position

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



UP

Wide Position



UP

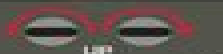
Position

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



DOWN

Close Position



UP

Position

Hands close together 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 100 pushups challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The challenge is to perform more than the challenge. If the routine is too easy, add more pushups.

Knee Position



UP

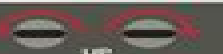
Position

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



DOWN

Chair Position



UP

Position

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



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms extended straight out in front of you.
Head	Head down, neck straight, eyes looking at the floor.
Core	Core muscles engaged, back straight.
Pushups	Pushups performed with proper form.

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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53	100	100	100
54	100	100	100
55	100	100	100
56	100	100	100
57	100	100	100
58	100	100	100
59	100	100	100
60	100	100	100

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The challenge is to perform more than the challenge. If the routine is too easy, add more pushups.

Perfect Push Up Manual

United States Department of the Army

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Table of Contents Perfect Push Up Manual

1. Understanding the eBook Perfect Push Up Manual
 - The Rise of Digital Reading Perfect Push Up Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Push Up Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Perfect Push Up Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Push Up Manual
 - Personalized Recommendations
 - Perfect Push Up Manual User Reviews and Ratings
 - Perfect Push Up Manual and Bestseller Lists
5. Accessing Perfect Push Up Manual Free and Paid eBooks

- Perfect Push Up Manual Public Domain eBooks
- Perfect Push Up Manual eBook Subscription Services
- Perfect Push Up Manual Budget-Friendly Options
- 6. Navigating Perfect Push Up Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Perfect Push Up Manual Compatibility with Devices
 - Perfect Push Up Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Push Up Manual
 - Highlighting and Note-Taking Perfect Push Up Manual
 - Interactive Elements Perfect Push Up Manual
- 8. Staying Engaged with Perfect Push Up Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Push Up Manual
- 9. Balancing eBooks and Physical Books Perfect Push Up Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Push Up Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Perfect Push Up Manual
 - Setting Reading Goals Perfect Push Up Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perfect Push Up Manual
 - Fact-Checking eBook Content of Perfect Push Up Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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