

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 slightly wider than shoulder width apart.
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



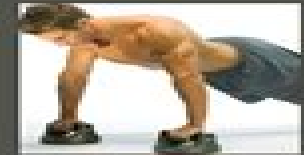
MID



DOWN

Position

Shoulder, elbow, and wrist in the same vertical plane.
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

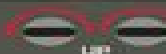
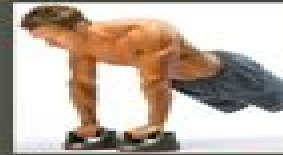
Position

Hands far apart, wider than shoulder width apart.
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



DOWN

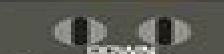
Close Position



UP

Position

Hands close to the body, within the shoulder width.
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each.
Use the 30-second rule to determine the number of pushups.
If you are unable to complete the number of pushups, do as many as you can, then rest for 30 seconds, and repeat the workout.

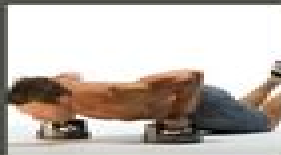
Knee Position



UP

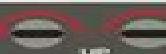
Position

Hands slightly wider than shoulder width apart.
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



DOWN

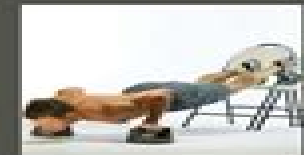
Chair Position



UP

Position

Hands close to the body, within the shoulder width.
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Neutral position - eyes to the front
Back	Neutral position - eyes to the front
Feet	Feet hip width apart
Arms	Arms straight, no bend
Core	Core tight, no sag
Legs	Legs straight, no bend
Feet	Feet hip width apart
Arms	Arms straight, no bend
Core	Core tight, no sag
Legs	Legs straight, no bend
Feet	Feet hip width apart
Arms	Arms straight, no bend
Core	Core tight, no sag
Legs	Legs straight, no bend

Routine - 2 Minute Drills

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

Schedule

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 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 pushups. If you are unable to complete the number of pushups, do as many as you can, then rest for 30 seconds, and repeat the workout.

Perfect Push Up Workout Guide

Adam Schersten,Chris Klimek



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