

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 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

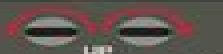
Position

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 three workouts should be completed in 2 minutes each.
Use the 30-second rule to determine the number of reps.
If you are not comfortable with the number of reps, do a modified version of the workout.
If you are not comfortable with the number of reps, do a modified version of the workout.

Knee Position



UP

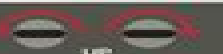
Position

Feet flat on the floor.
Feet flat on the floor.
Feet flat on the floor.



DOWN

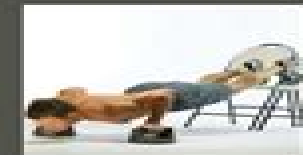
Chair Position



UP

Position

Use a chair, bench, or box.
Feet flat on the floor.
Feet flat on the floor.



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

Routine - 2 Minute Drills

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

Schedule

Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	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 reps. If you are not comfortable with the number of reps, do a modified version of the workout. If you are not comfortable with the number of reps, do a modified version of the workout.

Perfect Pushup Manual

S Ben Porath



Perfect Pushup Manual:

God's Exercise Manual Keith Lopez Organic Fitness,2007-12-18 God's Exercise Manual is a book created to provide an understanding of health It teaches a simple method to maintain a healthy body weight In a time when all food is fast and all movement is minimal this book is a necessity Health is not an option it is a desired state among all living creatures I created this book after 10 years of saturating myself in the world of health and fitness Nutrition and exercise will make an impact in your life if you can live with the simple changes that will increase your health A prescription does no good if it is not taken This book was written to deliver powerful and effective theories on exercise Simple and gradual changes in the way you move This is not a temporary change your life this is a permanent change of your life This diet is created by God because he created all the movements in the program

Doc Frog's Physical Training Manual David Rutherford,2014-02-22 In his first Froglogic Field Manual for Kids Doc Frog's Physical Training Manual Navy SEAL PT For Kids Navy SEAL motivational speaker David Rutherford introduces Special Operations Hero Doc Frog With professional comic book quality illustrations demonstrating step by step instructions Doc Frog's Recruits are challenged to incorporate physical training good nutrition and a positive motivational mindset as an integral part of their everyday lives David and Doc Frog's mission is to sharpen kids physical and mental focus and emphasize the importance of living a Team Life

The Manual Steve Santagati,2008-05-27 How many times have you and your friends asked one another these questions without ever coming up with any good answers Your girlfriends just tell you what you want to hear At the end of the day the only person who can give you insight into man problems is that s right a man But guys have hidden agendas What guy would give up all his dating advantages by spilling the goods Steve Santagati would A self confessed serial dater and Bad Boy Steve is telling all for the benefit of womankind Every guy is at least part Bad Boy and in The Manual this prime specimen reveals what every woman needs to know to counter Bad Boy tactics both amateur and professional Steve is never condescending or callous but honest perceptive and street smart His guidance is straightforward and his insights are dead on giving women tools they can immediately put to work Discover what you may not want to know but need to know about The Heart of the Bad Boy i e the nature of the beast The Male Mind how he sees you and how you can make this work to your advantage Guys on the Hunt the male modus operandi from the grocery store to Home Depot When Boy Meets Girl how to handle dating from flirting to sext messaging to learning his weaknesses Mating so you ve got him should you keep him Why learn from a Bad Boy instead of say a psychologist Because there s no replacement for in the field experience You ll benefit from and laugh at stories of real things Steve has done in relationships with women as well as of women turning the tables on him when he least expected it The book also includes a question and answer section in which Steve explores some of the toughest dating issues To understand Steve is to understand the Bad Boy and that will take you a long way in understanding all men Find out how much more fun dating can be when you get the upper hand on Bad Boys for good

The Total Fitness Manual Gold's

Gym,2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold's Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold's Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey You can also gain inspiration from success stories from past Challenge winners So pick up your copy of the Total Fitness Manual and get training today The Powerlifting Manual Dennis B. Weis,2021-12-30 Powerlifters are always looking for ways to improve their totals it is with this thought in mind that I have written this training manual The majority of this manual will deal exclusively with a very successful form of training The system is called Cycle Training The Enthusiasm Factor will be great in this system because the programs are constantly changing every six to eight weeks New goals of strength levels will be realized more frequently than is normally experienced in regular power lift schedules I have included many of the facets of the training and competitive aspects of the power lifts Additionally I am detailing the form and technique necessary for the three powerlifts The bulk of this manual is geared toward achieving desired results with as little complicated procedure as possible **Technical Manual** United States. War Department,1942 **The Bowhunter's Field Manual** Judd Cooney,2013-07-01 Drawing on his years of experience Judd Cooney one of America's most prominent outdoor writers and photographers offers practical information on bowhunting big and small game across North America Cooney shares his unique wealth of hunting information with tips and tactics for pursuing whitetail and Coues deer elk caribou moose bears antelopes mule and blacktail deer and cougars He offers sage advice on how to bowhunt for turkeys javelina hogs game birds and waterfowl and first rate advice on bowfishing With Cooney's own practical field experience of over fifty years you'll find useful suggestions on what to do after the hit and steps for preparing your trophy when afield This manual also includes a listing of Game and Fish departments throughout North America With crisp honest understandable language this invaluable reference will teach everything a bowhunter needs to know when he sets out For those who dream of hunting trips to far away places or those who simply wish to improve their backyard hunting skills Bowhunter's Field

Manual offers on target assistance and comprehensible instructions With the multitude of game that Cooney discusses this guide is the ideal package good reading and generous information offered by an outdoorsman who has lived the words he chooses to share in the words of M R James author of the book s foreword **Field & Stream: Total Camping Manual (Outdoor Skills, Family Camping)** T. Edward Nickens, 2022-04-05 Featuring helpful resources definitive lists and informative illustrations photos and charts Field Stream The Total Camping Manual is the ultimate reference companion for campers at any level from novice day hikers to experienced backcountry adventurers This comprehensive officially licensed guide provides hundreds of tips and techniques for first time campers and veteran outdoor enthusiasts alike Created by Field Stream and Audubon Magazine editor at large T Edward Nickens this essential manual instructs campers on topics including planning your trip setting up camp cooking large meals in the woods and preparation for the inevitable unexpected circumstances Field Stream The Total Camping Manual is the ideal companion for backpackers car campers and RVers alike

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Table of Contents Perfect Pushup Manual

1. Understanding the eBook Perfect Pushup Manual
 - The Rise of Digital Reading Perfect Pushup Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pushup 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 Pushup Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pushup Manual
 - Personalized Recommendations
 - Perfect Pushup Manual User Reviews and Ratings
 - Perfect Pushup Manual and Bestseller Lists
5. Accessing Perfect Pushup Manual Free and Paid eBooks

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