

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 and done consistently will help you reach your fitness goals.

Regular Position



UP

Position

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



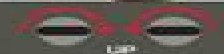
MID



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 are placed wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

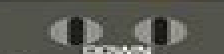
Close Position



UP

Position

Hands are placed close together with your feet flat on the floor. Your body should be straight.



DOWN

Modified Workouts

These modified workouts are designed to be completed in 2 minutes per workout. Use the modified workouts as a guide to the intensity of your workout. If you are not comfortable with the intensity, you can decrease the intensity of your workout. If you are comfortable with the intensity, you can increase the intensity of your workout.

Knee Position



UP

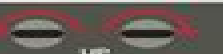
Position

Hands are placed under your shoulders with your knees on the floor. Your body should be straight.



DOWN

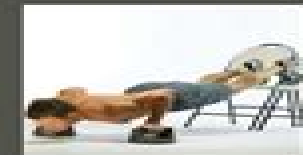
Chair Position



UP

Position

Hands are placed under your shoulders with your feet on a chair. Your body should be straight.



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
Posture	Posture straight and tight
Breathing	Breathe in and out

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:15	2. Regular	2. Wide	2. Close
0:30	3. Regular	3. Wide	3. Close
0:45	4. Regular	4. Wide	4. Close
1:00	5. Regular	5. Wide	5. Close
1:15	6. Regular	6. Wide	6. Close
1:30	7. Regular	7. Wide	7. Close
1:45	8. Regular	8. Wide	8. Close
2:00	9. Regular	9. Wide	9. Close

Schedule

Day	Regular	Wide	Close
1	1. Regular	1. Wide	1. Close
2	2. Regular	2. Wide	2. Close
3	3. Regular	3. Wide	3. Close
4	4. Regular	4. Wide	4. Close
5	5. Regular	5. Wide	5. Close
6	6. Regular	6. Wide	6. Close
7	7. Regular	7. Wide	7. Close
8	8. Regular	8. Wide	8. Close
9	9. Regular	9. Wide	9. Close

Customize

These workouts are designed to be completed in 2 minutes per workout. Use the modified workouts as a guide to the intensity of your workout. If you are not comfortable with the intensity, you can decrease the intensity of your workout. If you are comfortable with the intensity, you can increase the intensity of your workout.

Perfect Push Up Workout Guide

Clifford Lane

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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