

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, you have challenging workouts, drills, or key training modules.

Regular Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet together & toes tucked under.
Head neutral. Forearm straight, elbow straight.



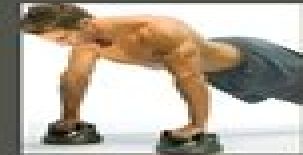
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.
Feet together & toes tucked under.
Head neutral as you move back to the UP position.



UP

Wide Position



UP

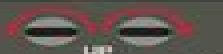
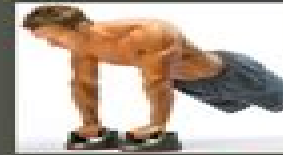
Position

Hands far apart wider than shoulder width apart.
Body alignment - same as body in Regular Position.
Down position - Elbow joint straight out.



DOWN

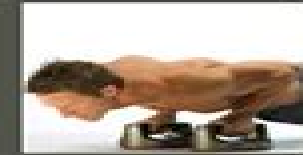
Close Position



UP

Position

Hands close to each other, within the shoulder.
Body alignment - same as body in Regular Position.
Down go straight back as you move toward the UP position.

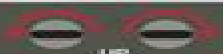


DOWN

Modified Workouts

These three exercises should be completed in 2 minutes each.
Use the 30-second timer to complete the 2-minute workout.
If you are not comfortable with the exercise, do not do it. If you are not comfortable, do not do it. If you are not comfortable, do not do it.

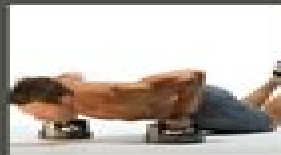
Knee Position



UP

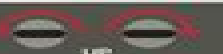
Position

Feet together & toes tucked under.
Head neutral as you move back to the UP position.
(Regular Position down)



DOWN

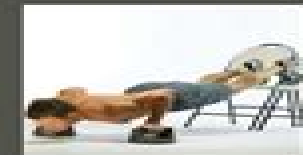
Chair Position



UP

Position

Use a chair, bench, or stool.
Feet together & toes tucked under.
Head neutral as you move back to the UP position.
(Regular Position down)



DOWN

Checklist

Head	Neutral position - head to line with spine
Neck	Strongly in line with spine
Shoulder	Shoulder, elbow and hip all in one straight line
Feet	Feet together & toes tucked under
Head	Head neutral as you move back to the UP position
Core	Core engaged - same as body in Regular Position
Down	Down position - Elbow joint straight out
Up	Up position - Elbow joint straight out

Routine - 2 Minute Drills

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

Schedule

Day	Regular	Wide	Close
1	1:00, 0:00, 0:00	1:00, 0:00, 0:00	1:00, 0:00, 0:00
2	1:00, 0:00, 0:00	1:00, 0:00, 0:00	1:00, 0:00, 0:00
3	1:00, 0:00, 0:00	1:00, 0:00, 0:00	1:00, 0:00, 0:00
4	1:00, 0:00, 0:00	1:00, 0:00, 0:00	1:00, 0:00, 0:00
5	1:00, 0:00, 0:00	1:00, 0:00, 0:00	1:00, 0:00, 0:00
6	1:00, 0:00, 0:00	1:00, 0:00, 0:00	1:00, 0:00, 0:00
7	1:00, 0:00, 0:00	1:00, 0:00, 0:00	1:00, 0:00, 0:00

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second timer to complete the 2-minute workout. If you are not comfortable with the exercise, do not do it. If you are not comfortable, do not do it. If you are not comfortable, do not do it.

Perfect Push Up Manual

L Cohen



Perfect Push Up Manual:

The Top Books of the Year Perfect Push Up Manual The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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