

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, drive, and inspire positive results.

Regular Position



UP

Position

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



MID



DOWN

Position

Shoulder, elbow and hip are all directly above the shoulder. Body alignment - spine runs easily as Regular Position. Elbows should be directly back to the 12 position.



UP

Wide Position



UP

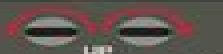
Position

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



DOWN

Close Position



UP

Position

Hands should be all directly above the shoulder. Body alignment - spine runs easily as Regular Position. Elbows go straight back as you move toward the Close position.



DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 30-second rule to complete the workout. If you are not comfortable with the workout, do not complete the workout. If you are not comfortable with the workout, do not complete the workout. If you are not comfortable with the workout, do not complete the workout.

Knee Position



UP

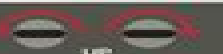
Position

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



DOWN

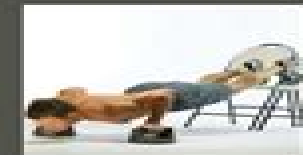
Chair Position



UP

Position

Hands should be all directly above the shoulder. Body alignment - spine runs easily as Regular Position. Elbows go straight back as you move toward the Chair position.



DOWN

Checklist

Item	Instructions
Feet	Feet should be flat on the floor.
Arms	Arms should be straight.
Body	Body should be straight.
Core	Core should be engaged.
Neck	Neck should be straight.
Head	Head should be straight.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
0:10	2. 10 Pushups	2. 10 Pushups	2. 10 Pushups
0:20	3. 10 Pushups	3. 10 Pushups	3. 10 Pushups
0:30	4. 10 Pushups	4. 10 Pushups	4. 10 Pushups
0:40	5. 10 Pushups	5. 10 Pushups	5. 10 Pushups
0:50	6. 10 Pushups	6. 10 Pushups	6. 10 Pushups
1:00	7. 10 Pushups	7. 10 Pushups	7. 10 Pushups
1:10	8. 10 Pushups	8. 10 Pushups	8. 10 Pushups
1:20	9. 10 Pushups	9. 10 Pushups	9. 10 Pushups
1:30	10. 10 Pushups	10. 10 Pushups	10. 10 Pushups

Schedule

Day	Regular	Wide	Close
1	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
2	2. 10 Pushups	2. 10 Pushups	2. 10 Pushups
3	3. 10 Pushups	3. 10 Pushups	3. 10 Pushups
4	4. 10 Pushups	4. 10 Pushups	4. 10 Pushups
5	5. 10 Pushups	5. 10 Pushups	5. 10 Pushups
6	6. 10 Pushups	6. 10 Pushups	6. 10 Pushups
7	7. 10 Pushups	7. 10 Pushups	7. 10 Pushups
8	8. 10 Pushups	8. 10 Pushups	8. 10 Pushups
9	9. 10 Pushups	9. 10 Pushups	9. 10 Pushups
10	10. 10 Pushups	10. 10 Pushups	10. 10 Pushups

Customize

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

Perfect Push Up Manual

Christian G. Meyer



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