

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.



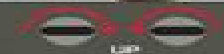
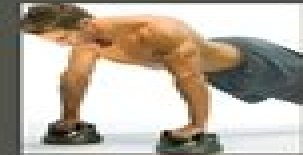
MID



DOWN

Position

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



UP

Wide Position



UP

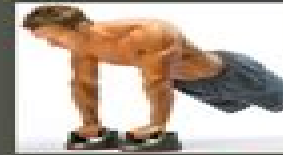
Position

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



DOWN

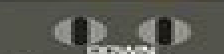
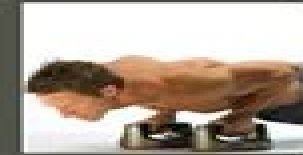
Close Position



UP

Position

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

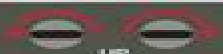


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these from the upright position. If the routine is too easy, add more pushups.

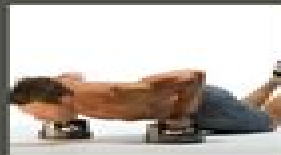
Knee Position



UP

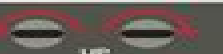
Position

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



DOWN

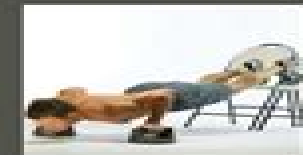
Chair Position



UP

Position

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



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms extended straight out in front of you.
Head	Head down, eyes looking at the floor.
Core	Core muscles engaged to support the body.
Back	Back straight, no rounding of the shoulders.
Neck	Neck relaxed, head aligned with the spine.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100 Pushups	100 Pushups	100 Pushups
0:10	100 Pushups	100 Pushups	100 Pushups
0:20	100 Pushups	100 Pushups	100 Pushups
0:30	100 Pushups	100 Pushups	100 Pushups
0:40	100 Pushups	100 Pushups	100 Pushups
0:50	100 Pushups	100 Pushups	100 Pushups
1:00	100 Pushups	100 Pushups	100 Pushups
1:10	100 Pushups	100 Pushups	100 Pushups
1:20	100 Pushups	100 Pushups	100 Pushups
1:30	100 Pushups	100 Pushups	100 Pushups
1:40	100 Pushups	100 Pushups	100 Pushups
1:50	100 Pushups	100 Pushups	100 Pushups
2:00	100 Pushups	100 Pushups	100 Pushups

Schedule

Day	Regular	Wide	Close
Monday	100 Pushups	100 Pushups	100 Pushups
Tuesday	100 Pushups	100 Pushups	100 Pushups
Wednesday	100 Pushups	100 Pushups	100 Pushups
Thursday	100 Pushups	100 Pushups	100 Pushups
Friday	100 Pushups	100 Pushups	100 Pushups
Saturday	100 Pushups	100 Pushups	100 Pushups
Sunday	100 Pushups	100 Pushups	100 Pushups

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these from the upright position. If the routine is too easy, add more pushups.

Perfect Push Up Workout Guide

Julia Schneider



Perfect Push Up Workout Guide:

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