

# PERFECT • PUSHUP™

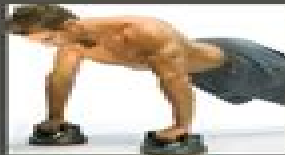
www.perfectpushup.com

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



MID



DOWN

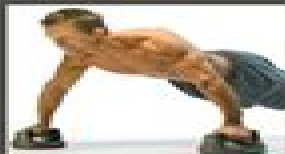
Position

Hands under your feet and in front of your feet. Your body should be straight. Your feet should be flat on the floor.



UP

### Wide Position



UP

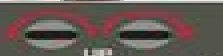
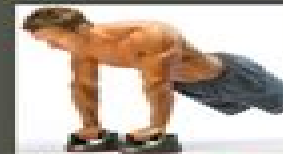
Position

Hands far apart with your feet shoulder width apart. Your legs should be straight. Your feet should be flat on the floor.



DOWN

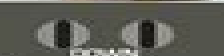
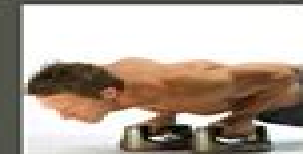
### Close Position



UP

Position

Hands close to your feet with your feet shoulder width apart. Your legs should be straight. Your feet should be flat on the floor.

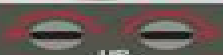
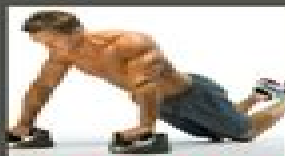


DOWN

## Modified Workouts

These workouts are designed to be completed in 2 minutes per workout. Use the 100 pushups as a guide to the number of pushups you should do. If you are not able to do 100 pushups, do as many as you can. If you are able to do more than 100 pushups, do as many as you can. If you are able to do more than 100 pushups, do as many as you can.

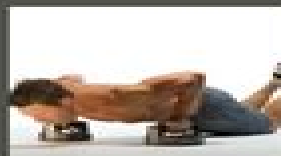
### Knee Position



UP

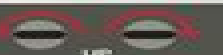
Position

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



DOWN

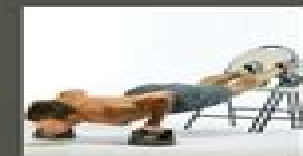
### Chair Position



UP

Position

Hands under your feet with your feet shoulder width apart. Your legs should be straight. Your feet should be flat on the floor.



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	0:00	0:00	0:00
0:10	10	10	10
0:20	20	20	20
0:30	30	30	30
0:40	40	40	40
0:50	50	50	50
1:00	60	60	60
1:10	70	70	70
1:20	80	80	80
1:30	90	90	90
1:40	100	100	100
1:50	110	110	110
2:00	120	120	120

#### Schedule

Day	Regular	Wide	Close
1	10	10	10
2	20	20	20
3	30	30	30
4	40	40	40
5	50	50	50
6	60	60	60
7	70	70	70
8	80	80	80
9	90	90	90
10	100	100	100
11	110	110	110
12	120	120	120

#### Customize

These workouts are designed to be completed in 2 minutes per workout. Use the 100 pushups as a guide to the number of pushups you should do. If you are not able to do 100 pushups, do as many as you can. If you are able to do more than 100 pushups, do as many as you can.

# Perfect Pushup Manual

**M Lipman**



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