

# 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 overall appearance of the front of your core and upper body. Tailored to the needs of fitness enthusiasts of all ages and fitness challenging workout styles, the Perfect Pushup is

### Regular Position



UP

Position

Hands should be spaced evenly shoulder width apart. Feet should be spaced evenly hip width apart.



MID



DOWN

Position

Shoulder should not be over the hand position. Elbow should be directly under the hand position.



UP

### Wide Position



UP

Position

Hands are spaced wider than shoulder width apart. Feet are spaced evenly hip width apart. Regular Position.

Down position: 1. Elbow points straight out.



DOWN

### Close Position



UP

Position

Shoulder should not be over the tip of the hand. Feet are spaced evenly hip width apart. Regular Position.

Elbow go straight back as you raise yourself in the Close position.



DOWN

## Modified Workouts

These three variations provide the same workout as described in 2 minutes per set.

Use these variations for recovery or as described in the schedule of your workout.

If you are unable to perform the regular pushup, you can use any of the modified pushups.

### Knee Position



UP

Position

Hands should be spaced evenly shoulder width apart. Feet should be spaced evenly hip width apart. Regular Position down.



DOWN

### Chair Position



UP

Position

Hands should be spaced evenly shoulder width apart. Feet should be spaced evenly hip width apart. Regular Position down.



DOWN

#### Checklist

<input type="checkbox"/>	Hand	Shoulder width apart
<input type="checkbox"/>	Feet	Shoulder width apart
<input type="checkbox"/>	Elbow	Shoulder width apart
<input type="checkbox"/>	Core	Engaged
<input type="checkbox"/>	Neck	Neutral
<input type="checkbox"/>	Head	Neutral
<input type="checkbox"/>	Back	Neutral
<input type="checkbox"/>	Shoulder	Neutral
<input type="checkbox"/>	Wrist	Neutral
<input type="checkbox"/>	Elbow	Neutral
<input type="checkbox"/>	Hip	Neutral
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<input type="checkbox"/>	Foot	Neutral
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# Perfect Pushup Workout Guide

**Selene Yeager, Editors of Men's Health**

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