

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 slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

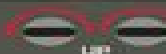
Position

Hands far apart, wider than shoulder width apart.
Body alignment - spine runs parallel to Regular Position.
Down position - Elbow points straight out.



DOWN

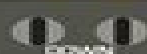
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - spine runs parallel to Regular Position.
Down position - Elbow points straight out.

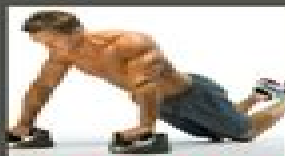


DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each.
Use the 30-second rule to determine the number of reps.
If you are not comfortable with the number of reps, do a smaller number of reps.
If you are not comfortable with the number of reps, do a smaller number of reps.

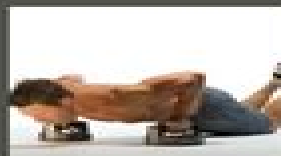
Knee Position



UP

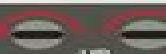
Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



DOWN

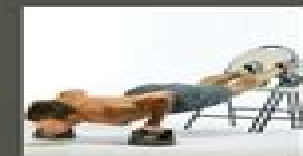
Chair Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Neutral position - eyes to the front
Spine	Neutral position - eyes to the front
Shoulder	Neutral position - eyes to the front
Elbow	Neutral position - eyes to the front
Wrist	Neutral position - eyes to the front
Hand	Neutral position - eyes to the front
Foot	Neutral position - eyes to the front
Head	Neutral position - eyes to the front
Neck	Neutral position - eyes to the front
Spine	Neutral position - eyes to the front
Shoulder	Neutral position - eyes to the front
Elbow	Neutral position - eyes to the front
Wrist	Neutral position - eyes to the front
Hand	Neutral position - eyes to the front
Foot	Neutral position - eyes to the front

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	20	20	20
0:20	30	30	30
0:30	40	40	40
0:40	50	50	50
0:50	60	60	60
1:00	70	70	70
1:10	80	80	80
1:20	90	90	90
1:30	100	100	100
1:40	110	110	110
1:50	120	120	120
2:00	130	130	130

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
13	130	130	130
14	140	140	140
15	150	150	150
16	160	160	160
17	170	170	170
18	180	180	180
19	190	190	190
20	200	200	200

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the number of reps. If you are not comfortable with the number of reps, do a smaller number of reps. If you are not comfortable with the number of reps, do a smaller number of reps.

Perfect Pushup Workout Guide

Selene Yeager, Editors of Men's Health

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Perfect Pushup Workout Guide:

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