

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



MID



DOWN

Position

Shoulder, elbow and hip all in the same vertical line.  
Feet flat on the ground, toes tucked under.  
Head neutral. Neck straight, spine straight.



UP

### Wide Position



UP

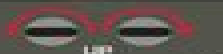
Position

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 pushups.  
If you are not comfortable with the number, do not increase the number of pushups.  
If you are not comfortable with the number, do not increase the number of pushups.

### Knee Position



UP

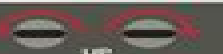
Position

Feet flat on the floor.  
Feet flat on the floor, toes tucked under.  
Head neutral. Neck straight, spine straight.



DOWN

### Chair 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

#### Checklist

Head	Neutral position - eyes to the front
Neck	Neutral position - eyes to the front
Spine	Neutral position - eyes to the front
Feet	Feet flat on the ground, toes tucked under
Arms	Arms straight, no bending at the elbow
Elbows	Elbows close to the body, within the shoulder
Core	Core engaged, spine straight
Shoulders	Shoulders close to the body, within the shoulder

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10	10, 10, 10	10, 10, 10
0:10	10, 10, 10	10, 10, 10	10, 10, 10
0:20	10, 10, 10	10, 10, 10	10, 10, 10
0:30	10, 10, 10	10, 10, 10	10, 10, 10
0:40	10, 10, 10	10, 10, 10	10, 10, 10
0:50	10, 10, 10	10, 10, 10	10, 10, 10
1:00	10, 10, 10	10, 10, 10	10, 10, 10

#### Schedule

Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	10, 10, 10	10, 10, 10	10, 10, 10

#### Customize

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

# Perfect Push Up Manual

**S Ben Porath**



## **Perfect Push Up Manual:**

This book delves into Perfect Push Up Manual. Perfect Push Up Manual is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Perfect Push Up Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Perfect Push Up Manual
- Chapter 2: Essential Elements of Perfect Push Up Manual
- Chapter 3: Perfect Push Up Manual in Everyday Life
- Chapter 4: Perfect Push Up Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Perfect Push Up Manual. The first chapter will explore what Perfect Push Up Manual is, why Perfect Push Up Manual is vital, and how to effectively learn about Perfect Push Up Manual.
3. In chapter 2, the author will delve into the foundational concepts of Perfect Push Up Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Perfect Push Up Manual in its entirety.
4. In chapter 3, this book will examine the practical applications of Perfect Push Up Manual in daily life. The third chapter will showcase real-world examples of how Perfect Push Up Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Perfect Push Up Manual in specific contexts. This chapter will explore how Perfect Push Up Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Perfect Push Up Manual. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Push Up Manual.

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web in his play called rhinoceros 1959 people are transformed into monstrous rhinoceroses that act violently berenger the hero who chooses to be different and to deviate from the homogeneity of the mob is led into isolation with absurd consequences in ionesco s play called the leader 1953 the leader is the one being admired by people who

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web intro rhinoceros summary next act 1 scene 1 one sunny sunday berenger and jean meet at a café berenger is unkempt while jean wears a neat suit and chastises berenger for being late he makes fun of berenger for wanting to drink so early in the day especially when berenger is hung over

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