

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 under your shoulders with feet
feet hip-width apart. Push up with arms
feet together. Push down with elbows.



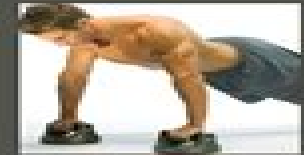
MID



DOWN

Position

Hands under your feet at hip-width apart.
Feet together. Push up with arms
feet together. Push down with elbows.



UP

Wide Position



UP

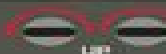
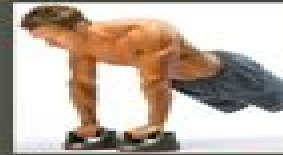
Position

Hands far apart wider than shoulder width apart.
Feet together. Push up with arms
feet together. Push down with elbows.



DOWN

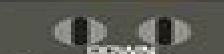
Close Position



UP

Position

Hands close to each other under the shoulders.
Feet together. Push up with arms
feet together. Push down with elbows.



DOWN

Modified Workouts

These workout routines are designed to be completed in 2 minutes per
day. Use the routines as a guide, or adjust the intensity of your workout.
If you are not comfortable with the routines, or if you are not strong enough
to perform them from the upright position, or if the routine is too long, you can modify your workout.

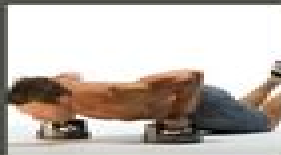
Knee Position



UP

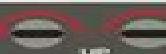
Position

Hands directly under your shoulders with feet
feet hip-width apart. Push up with arms
feet together. Push down with elbows.



DOWN

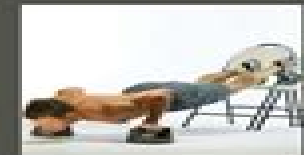
Chair Position



UP

Position

Hands directly under your shoulders with feet
feet hip-width apart. Push up with arms
feet together. Push down with elbows.



DOWN

Checklist

Feet	Feet directly under your shoulders with feet hip-width apart.
Arms	Arms directly under your shoulders with arms hip-width apart.
Head	Head directly under your shoulders with head hip-width apart.
Core	Core engaged and tight.
Elbows	Elbows directly under your shoulders with elbows hip-width apart.
Shoulders	Shoulders directly under your shoulders with shoulders hip-width apart.

Routine - 2 Minute Drills

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

Schedule

1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

Customize

These routines are designed to be completed in 2 minutes per day. Use the routines as a guide, or adjust the intensity of your workout. If you are not comfortable with the routines, or if you are not strong enough to perform them from the upright position, or if the routine is too long, you can modify your workout.

Perfect Push Up Manual

AN Whitehead



Perfect Push Up Manual:

The Enigmatic Realm of **Perfect Push Up Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Perfect Push Up Manual** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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