

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 should be shoulder-width apart. Feet should be hip-width apart. Head should be in line with spine.



MID



DOWN

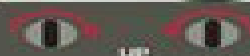
Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Head should be in line with spine.



UP

Wide Position



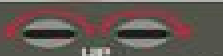
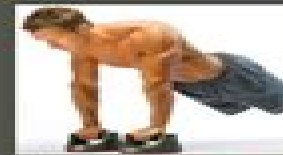
UP

Position

Hands should be wider than shoulder-width apart. Feet should be hip-width apart. Head should be in line with spine.



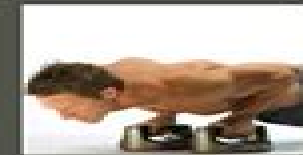
DOWN



UP

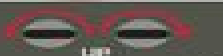
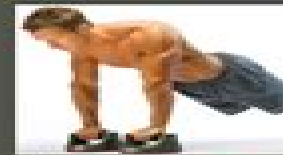
Position

Hands should be wider than shoulder-width apart. Feet should be hip-width apart. Head should be in line with spine.



DOWN

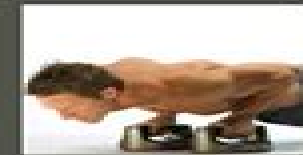
Close Position



UP

Position

Hands should be closer than shoulder-width apart. Feet should be hip-width apart. Head should be in line with spine.

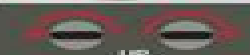
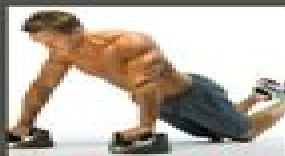


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The goal is to perform more than the challenge. If the routine is too easy, add more pushups.

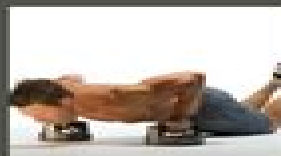
Knee Position



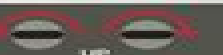
UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Head should be in line with spine.



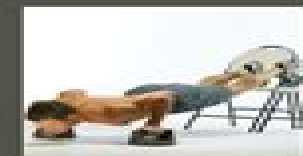
DOWN



UP

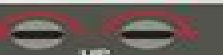
Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Head should be in line with spine.



DOWN

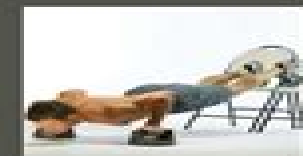
Chair Position



UP

Position

Hands should be shoulder-width apart. Feet should be on a chair. Head should be in line with spine.



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Strongly in line with spine
Shoulder	Shoulders in line with spine
Elbow	Elbows in line with spine
Wrist	Wrist in line with spine
Core	Core engaged
Feet	Feet in line with spine
Spine	Spine in line with spine
Head	Head in line with spine

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

1st Week	1 Regular	1 Wide	1 Close
2nd Week	1 Regular	1 Wide	1 Close
3rd Week	1 Regular	1 Wide	1 Close
4th Week	1 Regular	1 Wide	1 Close
5th Week	1 Regular	1 Wide	1 Close
6th Week	1 Regular	1 Wide	1 Close
7th Week	1 Regular	1 Wide	1 Close
8th Week	1 Regular	1 Wide	1 Close
9th Week	1 Regular	1 Wide	1 Close
10th Week	1 Regular	1 Wide	1 Close

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The goal is to perform more than the challenge. If the routine is too easy, add more pushups.

Perfect Pushup Manual

J Spring



Perfect Pushup Manual:

Enjoying the Melody of Term: An Psychological Symphony within **Perfect Pushup Manual**

In a world used by screens and the ceaseless chatter of fast communication, the melodic beauty and psychological symphony created by the written word usually fade into the background, eclipsed by the constant noise and disturbances that permeate our lives. Nevertheless, located within the pages of **Perfect Pushup Manual** a marvelous fictional treasure brimming with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that charming masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed songs and profound impact resonating within each carefully constructed phrase. Within the depths with this poignant examination, we shall explore the book is key harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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dengan nilai reliabilitas berkisar 0 750 berikut aspek aspek kontrol diri kontrol perilaku behavioral

pengertian aspek jenis dan ciri kontrol diri kajianpustaka - Dec 07 2022

web jun 10 2018 kontrol diri merupakan suatu kecakapan individu dalam kepekaan membaca situasi diri dan lingkungannya kontrol diri dapat diartikan sebagai suatu aktivitas pengendalian tingkah laku kontrol diri berkaitan dengan bagaimana individu mengendalikan emosi serta dorongan dorongan dari dalam dirinya

bab ii tinjauan pustaka 2 1 kontrol diri 2 1 1 pengertian kontrol diri - Oct 05 2022

web 2 1 kontrol diri 2 1 1 pengertian kontrol diri kontrol diri diartikan sebagai kemampuan untuk menyusun membimbing mengatur dan mengarahkan bentuk perilaku yang dapat membawa ke arah konsekuensi positif selain itu juga

hubungan antara kontrol diri dengan sikap - Jan 28 2022

web hubungan negatif yang sangat signifikan antara kontrol diri dengansikap terhadap perilaku seksual semakin tinggi kontrol diri maka semakin rendah perilaku seksual sebaliknya semakin rendah ontrol diri maka semakin tinggi perilaku seksual sumbangan efektif kontrol diri k terhadap perilaku seksual sebesar 23 1

bab iii metode penelitian a identifikasi variabel variabel - Mar 30 2022

web 1 skala kontrol diri skala yang mengungkap kontrol diri memiliki tiga aspek menurut averill dalam ghufon dan risnawita 2016 yaitu kontrol perilaku kontrol kognitif dan mengontrol keputusan a kontrol perilaku behavior control 1 kemampuan individu untuk menentukan siapa yang mengendalikan situasi atau keadaan 2

5 sikap ini menunjukkan bahwa kamu punya kontrol diri yang baik - Jun 01 2022

web mar 21 2019 simak ini 5 di antaranya 1 masih bisa bersikap baik pada seseorang yang membencinya meski dirinya tahu ada orang dikenal yang membencinya dan suka membicarakan hal hal buruk tentangnya di belakang namun dia masih bisa menunjukkan sikap baik pada orang tersebut dia tidak mudah terbawa emosi tidak mendendam dan

bab iii metode penelitian a identifikasi variabel penelitian - Dec 27 2021

web 2 skala kontrol diri skala kontrol diri digunakan untuk mengungkapkan seberapa besar tingkat perilaku kontrol diri yang dimiliki mahasiswa skala ini berdasarkan aspek yang dikemukakan oleh ghuffon dan risnawita 2011 yaitu kontrol perilaku kontrol kognitif dan mengontrol keputusan skala kontrol diri sebelum

kontrol diri pengertian definisi jenis aspek aspek faktor - Feb 09 2023

web aug 25 2018 averill menyebut kontrol diri kontrol personal yaitu kontrol perilaku behavior control kontrol kognitif cognitive control dan mengntrol keputusan decisional control 1 behavior control merupakan kesiapan atau tersedianya suatu respon yang dapat secara langsung mempengaruhi atau memodifikasi suatu keadaan yang tidak

bab ii kajian teori a kontrol diri 1 pengertian kontrol diri - Nov 06 2022

web a kontrol diri 1 pengertian kontrol diri kontrol diri merupakan suatu kecakapan individu dalam kepekaan membaca

situasi diri dan lingkungannya serta kemampuan untuk mengontrol dan mengelola faktor faktor perilaku sesuai dengan situasi dan kondisi untuk menampilkan diri dalam melakukan sosialisasi

bab iii metode penelitian etheses of maulana malik - Sep 04 2022

web jelasnya bahwa penelitian deskriptif disini digunakan untuk menjelaskan hubungan antara kontrol diri dan perilaku delinquency remaja pada siswa smp bhakti turen malang sedangkan penelitian korelasionalnya digunakan untuk mengetahui ada atau tidaknya hubungan antara kontrol diri dan perilaku delinquency remaja pada siswa smp