PERFECT - PUSHUP...

Get Ripped Workouts

GCALS Gave Strength Treining, Butt & Tone Upper Bioty

All the control of the first of the first of the control of the co

Regular Position







Close Position

Wide Position







Modified Workouts

Knee Position

Chair Position









Routine - 2 Minute Drills

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Perfect Push Up Workout Guide

Jiyuan Zhang

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