

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.
Head neutral. Neck straight, spine straight.



MID



DOWN

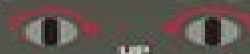
Position

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



UP

Wide Position



UP

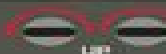
Position

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



DOWN

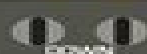
Close Position



UP

Position

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

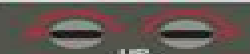


DOWN

Modified Workouts

These workout variations 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

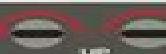
Position

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

Item	Instructions
Feet	Feet flat on the ground.
Head	Head neutral. Neck straight, spine straight.
Arms	Arms straight, no bending at the elbow.
Core	Core engaged, no sagging in the lower back.
Spine	Spine straight, no rounding in the lower back.
Shoulders	Shoulders slightly wider than shoulder width apart.

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

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

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.

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Table of Contents Perfect Push Up Workout Guide

1. Understanding the eBook Perfect Push Up Workout Guide
 - The Rise of Digital Reading Perfect Push Up Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Push Up Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Perfect Push Up Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Push Up Workout Guide
 - Personalized Recommendations
 - Perfect Push Up Workout Guide User Reviews and Ratings

- Perfect Push Up Workout Guide and Bestseller Lists
- 5. Accessing Perfect Push Up Workout Guide Free and Paid eBooks
 - Perfect Push Up Workout Guide Public Domain eBooks
 - Perfect Push Up Workout Guide eBook Subscription Services
 - Perfect Push Up Workout Guide Budget-Friendly Options
- 6. Navigating Perfect Push Up Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Perfect Push Up Workout Guide Compatibility with Devices
 - Perfect Push Up Workout Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Push Up Workout Guide
 - Highlighting and Note-Taking Perfect Push Up Workout Guide
 - Interactive Elements Perfect Push Up Workout Guide
- 8. Staying Engaged with Perfect Push Up Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Push Up Workout Guide
- 9. Balancing eBooks and Physical Books Perfect Push Up Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Push Up Workout Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Perfect Push Up Workout Guide
 - Setting Reading Goals Perfect Push Up Workout Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perfect Push Up Workout Guide
 - Fact-Checking eBook Content of Perfect Push Up Workout Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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