

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 below your shoulders with your feet flat on the floor. Your body should be straight.



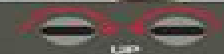
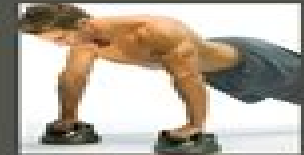
MID



DOWN

Position

Hands under your chest and feet flat on the floor. Your body should be straight. Push your chest up as you return back to the UP position.



UP

Wide Position



UP

Position

Hands far apart with your chest directly under your shoulders. Your body should be straight. Push your chest up as you return back to the UP position.



DOWN

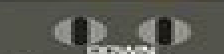
Close Position



UP

Position

Hands close to your chest with your chest directly under your shoulders. Your body should be straight. Push your chest up as you return back to the UP position.



DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 30-second rule to determine the number of pushups you can do in 30 seconds. If you are unable to complete the workout, do not worry. The goal is to improve your strength and endurance over time. If the routine is too easy, add more pushups.

Knee Position



UP

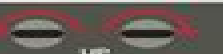
Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight. Push your chest up as you return back to the UP position.



DOWN

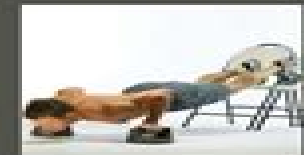
Chair Position



UP

Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight. Push your chest up as you return back to the UP position.



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms extended straight out in front of you.
Head	Head, neck, and shoulders in a straight line.
Core	Core muscles engaged to support the body.
Back	Back muscles engaged to support the body.
Shoulders	Shoulders directly under the hips.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	15	15	15
0:20	20	20	20
0:30	25	25	25
0:40	30	30	30
0:50	35	35	35
1:00	40	40	40
1:10	45	45	45
1:20	50	50	50
1:30	55	55	55
1:40	60	60	60
1:50	65	65	65
2:00	70	70	70

Schedule

Day	Regular	Wide	Close
Monday	10	10	10
Tuesday	15	15	15
Wednesday	20	20	20
Thursday	25	25	25
Friday	30	30	30
Saturday	35	35	35
Sunday	40	40	40

Customize

These workouts are designed to be completed in 2 minutes each. If you are unable to complete the workout, do not worry. The goal is to improve your strength and endurance over time. If the routine is too easy, add more pushups.

Perfect Pushup Workout Guide

Emily James, AI

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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