

# 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 slightly wider than shoulder width apart.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



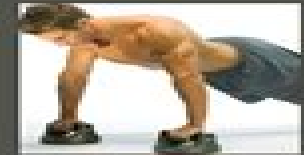
MID



DOWN

Position

Shoulder, elbow, and wrist in the same vertical plane.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



UP

### Wide Position



UP

Position

Hands far apart, wider than shoulder width apart.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



DOWN

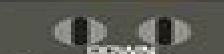
### Close Position



UP

Position

Hands close to the body, within the shoulder width.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



DOWN

## Modified Workouts

These three workouts 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 modified version of the workout.  
If you are not comfortable with the number of reps, do a modified version of the workout.

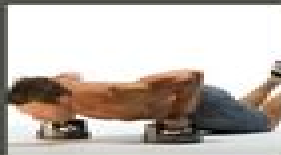
### Knee Position



UP

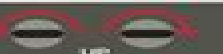
Position

Hands slightly wider than shoulder width apart.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



DOWN

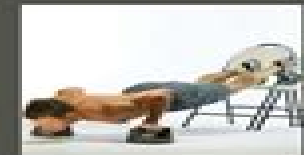
### Chair Position



UP

Position

Hands close to the body, within the shoulder width.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



DOWN

#### Checklist

Head	Neutral position - head to line with spine
Neck	Neutral position - head to line with spine
Back	Neutral position - head to line with spine
Feet	Feet hip-width apart
Arms	Arms straight, no bending at the elbow
Core	Core engaged, no sagging at the waist
Legs	Legs straight, no bending at the knee
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, 10, 10, 10
0:10	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:20	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:30	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:40	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
0:50	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10

#### Schedule

Day	Regular	Wide	Close
1	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
2	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
3	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
4	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
5	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
6	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
7	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10

#### Customize

These workouts are designed to be completed in 2 minutes each. If you are not comfortable with the number of reps, do a modified version of the workout. If you are not comfortable with the number of reps, do a modified version of the workout.

# Perfect Pushup Manual

**David Baud**



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