

# PERFECT • PUSHUP™

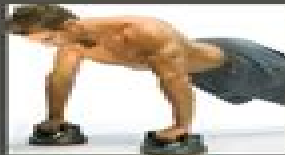
www.perfectpushup.com

## 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. Back straight, arms straight.



MID



DOWN

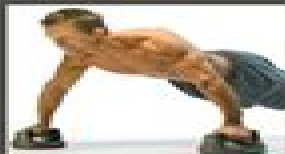
Position

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



UP

### Wide Position



UP

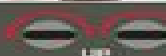
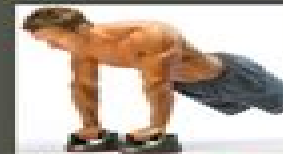
Position

Hands far apart, wider than shoulder width apart.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

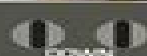
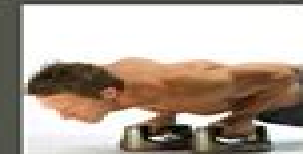
### Close Position



UP

Position

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

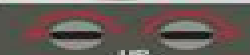
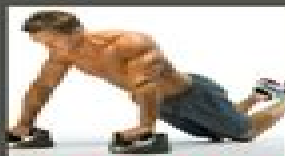


DOWN

## 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, do not increase the number of reps.  
To perform these from the upright position, do the routine in the prone, and prone chair position.

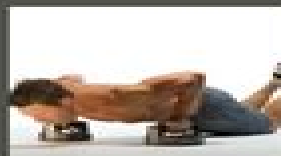
### Knee Position



UP

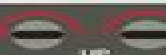
Position

Feet flat on the floor.  
Follow general rules required for your position.  
(Regular Position shown.)



DOWN

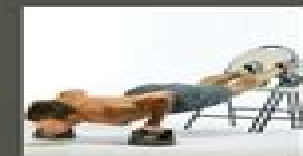
### Chair Position



UP

Position

Use stable, sturdy chairs.  
Feet flat on the floor.  
Follow general rules required for your position.  
(Regular Position shown.)



DOWN

#### Checklist

Head	Neutral position - eyes to the front
Neck	Strongly in line with spine
Shoulder	Shoulder, elbow and hip all in one straight line
Arm	Shoulder, elbow and hip all in one straight line
Core	Core muscles engaged
Feet	Feet flat on the floor
Back	Back straight, arms straight
Down	Down position - Elbow points straight out

#### 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	1st Regular 1st Wide 1st Close	2nd Regular 2nd Wide 2nd Close	3rd Regular 3rd Wide 3rd Close	4th Regular 4th Wide 4th Close
2nd	1st Regular 1st Wide 1st Close	2nd Regular 2nd Wide 2nd Close	3rd Regular 3rd Wide 3rd Close	4th Regular 4th Wide 4th Close
3rd	1st Regular 1st Wide 1st Close	2nd Regular 2nd Wide 2nd Close	3rd Regular 3rd Wide 3rd Close	4th Regular 4th Wide 4th Close
4th	1st Regular 1st Wide 1st Close	2nd Regular 2nd Wide 2nd Close	3rd Regular 3rd Wide 3rd Close	4th Regular 4th Wide 4th Close

#### 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, do not increase the number of reps. To perform these from the upright position, do the routine in the prone, and prone chair position.

# Perfect Push Up Manual

**Rachel Sandford**



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developed the technique of carving into color creating bright bold paper cut outs though dismissed by some

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