

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



UP

Wide Position



UP

Position

Hands far apart with your feet flat on the floor. Your body should be straight.



DOWN

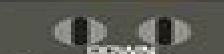
Close Position



UP

Position

Hands close together with your feet flat on the floor. Your body should be straight.



DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The goal is to perform more than the challenge. If the routine is too easy, add more pushups.

Knee Position



UP

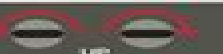
Position

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



DOWN

Chair Position



UP

Position

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



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.
Glutes	Glutes engaged to support the body.
Legs	Legs extended straight out behind you.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	90	90	90
0:20	80	80	80
0:30	70	70	70
0:40	60	60	60
0:50	50	50	50
1:00	40	40	40
1:10	30	30	30
1:20	20	20	20
1:30	10	10	10
1:40	0	0	0

Schedule

Day	Regular	Wide	Close
Monday	100	100	100
Tuesday	90	90	90
Wednesday	80	80	80
Thursday	70	70	70
Friday	60	60	60
Saturday	50	50	50
Sunday	40	40	40

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. The goal is to perform more than the challenge. If the routine is too easy, add more pushups.

Perfect Pushup Workout Guide

JG Myers

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

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