

# PERFECT • PUSHUP™

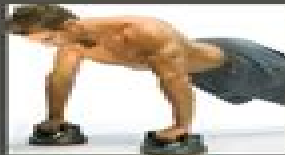
www.perfectpushup.com

## 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 hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Forearm straight, elbow in line with hand.



MID



DOWN

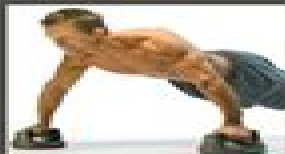
Position

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



UP

### Wide Position



UP

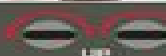
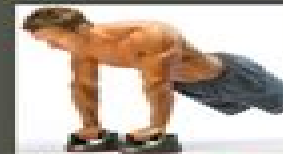
Position

Hands far apart, wider than shoulder width apart.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Forearm straight, elbow in line with hand.



DOWN

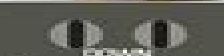
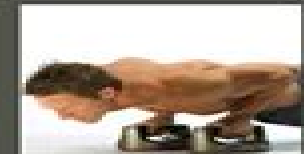
### Close Position



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. Forearm straight, elbow in line with hand.

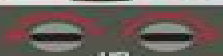


DOWN

## Modified Workouts

These workout variations should be completed as a 2-minute set.  
Use the 2-minute timer to track your time. If you are unable to complete the workout, do not worry. The workout is designed to be challenging, but you can modify it to suit your needs. If you are unable to complete the workout, do not worry. The workout is designed to be challenging, but you can modify it to suit your needs.

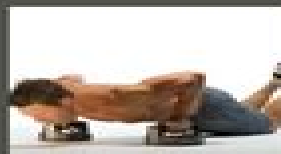
### Knee Position



UP

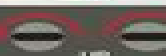
Position

Hands slightly wider than shoulder width apart.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Forearm straight, elbow in line with hand.



DOWN

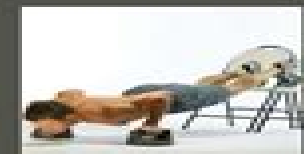
### Chair Position



UP

Position

Hands slightly wider than shoulder width apart.  
Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Forearm straight, elbow in line with hand.



DOWN

#### Checklist

Item	Instructions
Feet	Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head	Head neutral. Forearm straight, elbow in line with hand.
Arms	Arms extended, body straight.
Core	Core engaged, back straight.
Elbows	Elbows in line with hand.
Feet	Feet hip-width apart. Head, neck, back, hips, ankles in a straight line.
Head	Head neutral. Forearm straight, elbow in line with hand.
Arms	Arms extended, body straight.
Core	Core engaged, back straight.
Elbows	Elbows in line with hand.

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:15	2. Regular	2. Wide	2. Close
0:30	3. Regular	3. Wide	3. Close
0:45	4. Regular	4. Wide	4. Close
1:00	5. Regular	5. Wide	5. Close
1:15	6. Regular	6. Wide	6. Close
1:30	7. Regular	7. Wide	7. Close
1:45	8. Regular	8. Wide	8. Close
2:00	9. Regular	9. Wide	9. Close

#### Schedule

Day	Regular	Wide	Close
1	1. Regular	1. Wide	1. Close
2	2. Regular	2. Wide	2. Close
3	3. Regular	3. Wide	3. Close
4	4. Regular	4. Wide	4. Close
5	5. Regular	5. Wide	5. Close
6	6. Regular	6. Wide	6. Close
7	7. Regular	7. Wide	7. Close
8	8. Regular	8. Wide	8. Close
9	9. Regular	9. Wide	9. Close

#### Customize

These workouts are designed to be challenging, but you can modify them to suit your needs. If you are unable to complete the workout, do not worry. The workout is designed to be challenging, but you can modify it to suit your needs. If you are unable to complete the workout, do not worry. The workout is designed to be challenging, but you can modify it to suit your needs.

# Perfect Push Up Manual

**Awoyinfra Samuel Damilola**



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