

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

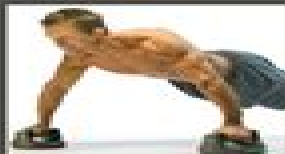
Position

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



UP

Wide Position



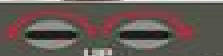
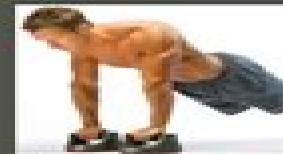
UP

Position

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



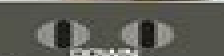
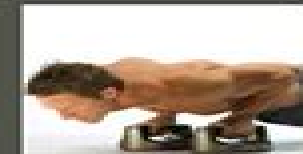
DOWN



UP

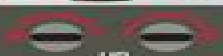
Position

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



DOWN

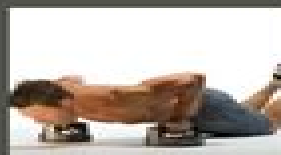
Close Position



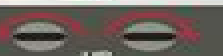
UP

Position

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



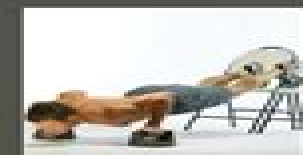
DOWN



UP

Position

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



DOWN

Knee Position

Modified Workouts

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

Chair Position

Checklist

Feet	Feet flat on the floor
Head	Head down, neck straight
Arms	Arms straight, hands directly below shoulders
Core	Core engaged, back straight
Legs	Legs straight, feet flat on the floor
Shoulders	Shoulders engaged, back straight

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	100	100	100
0:20	100	100	100
0:30	100	100	100
0:40	100	100	100
0:50	100	100	100
1:00	100	100	100
1:10	100	100	100
1:20	100	100	100
1:30	100	100	100
1:40	100	100	100
1:50	100	100	100
2:00	100	100	100

Schedule

Day	Regular	Wide	Close
1	100	100	100
2	100	100	100
3	100	100	100
4	100	100	100
5	100	100	100
6	100	100	100
7	100	100	100
8	100	100	100
9	100	100	100
10	100	100	100
11	100	100	100
12	100	100	100
13	100	100	100
14	100	100	100
15	100	100	100
16	100	100	100
17	100	100	100
18	100	100	100
19	100	100	100
20	100	100	100
21	100	100	100
22	100	100	100
23	100	100	100
24	100	100	100
25	100	100	100
26	100	100	100
27	100	100	100
28	100	100	100
29	100	100	100
30	100	100	100

Customize

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

Perfect Pushup Manual

Michael Seilmaier



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