

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. Neck straight, spine straight.



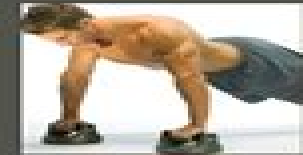
MID



DOWN

Position

Shoulder, elbow, and wrist in the same vertical plane.
Elbow bent at 90 degrees. Head, neck, back, hips, ankles in a straight line.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

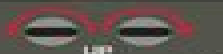
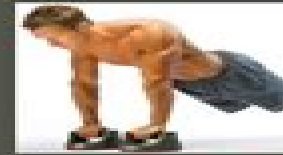
Position

Hands far apart, wider than shoulder width apart.
Body alignment - spine runs parallel to Regular Position.
Down position - Elbow points straight out.



DOWN

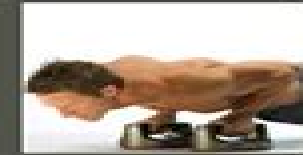
Close Position



UP

Position

Hands close to the body, within the shoulder width.
Body alignment - spine runs parallel to Regular Position.
Elbow goes straight back as you move toward the Down position.

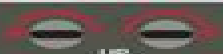


DOWN

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.

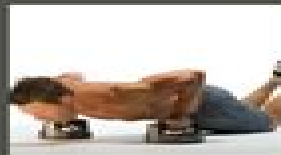
Knee Position



UP

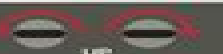
Position

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

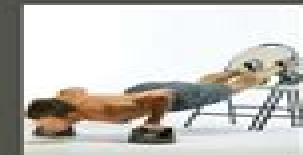
Chair Position



UP

Position

Hands 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

Checklist

Head	Neutral position - head to be level with spine.
Neck	Neck straight - head to be level with spine.
Back	Spine straight - head to be level with spine.
Feet	Feet hip-width apart - head to be level with spine.
Elbow	Elbow bent at 90 degrees - head to be level with spine.
Wrist	Wrist straight - head to be level with spine.
Core	Core engaged - head to be level with spine.
Arms	Arms straight - head to be level with spine.
Shoulder	Shoulder straight - head to be level with spine.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
0:10	2. 10 Pushups	2. 10 Pushups	2. 10 Pushups
0:20	3. 10 Pushups	3. 10 Pushups	3. 10 Pushups
0:30	4. 10 Pushups	4. 10 Pushups	4. 10 Pushups
0:40	5. 10 Pushups	5. 10 Pushups	5. 10 Pushups
0:50	6. 10 Pushups	6. 10 Pushups	6. 10 Pushups
1:00	7. 10 Pushups	7. 10 Pushups	7. 10 Pushups
1:10	8. 10 Pushups	8. 10 Pushups	8. 10 Pushups
1:20	9. 10 Pushups	9. 10 Pushups	9. 10 Pushups
1:30	10. 10 Pushups	10. 10 Pushups	10. 10 Pushups

Schedule

Day	Regular	Wide	Close
1	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
2	2. 10 Pushups	2. 10 Pushups	2. 10 Pushups
3	3. 10 Pushups	3. 10 Pushups	3. 10 Pushups
4	4. 10 Pushups	4. 10 Pushups	4. 10 Pushups
5	5. 10 Pushups	5. 10 Pushups	5. 10 Pushups
6	6. 10 Pushups	6. 10 Pushups	6. 10 Pushups
7	7. 10 Pushups	7. 10 Pushups	7. 10 Pushups
8	8. 10 Pushups	8. 10 Pushups	8. 10 Pushups
9	9. 10 Pushups	9. 10 Pushups	9. 10 Pushups
10	10. 10 Pushups	10. 10 Pushups	10. 10 Pushups

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

Gold's Gym

A red, semi-circular graphic element with a gradient, resembling a stylized arrow or a part of a logo, positioned to the right of the Gold's Gym text.

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