

# 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

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your feet should be flat on the floor.



UP

### Wide Position



UP

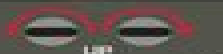
Position

Hands are placed wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

### Close Position



UP

Position

Hands are placed 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. You can always perform these from the upright position. If the routine is too easy, add more pushups.

### Knee Position



UP

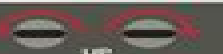
Position

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



DOWN

### Chair Position



UP

Position

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



DOWN

#### Checklist

Feet	Feet are flat on the floor.
Head	Head is in line with your spine.
Arms	Arms are straight and your hands are directly below your shoulders.
Core	Core is engaged and your back is straight.
Feet	Feet are flat on the floor.
Feet	Feet are flat on the floor.

#### 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
1	100	100	100
2	90	90	90
3	80	80	80
4	70	70	70
5	60	60	60
6	50	50	50
7	40	40	40
8	30	30	30
9	20	20	20
10	10	10	10
11	0	0	0

#### 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. You can always perform these from the upright position. If the routine is too easy, add more pushups.

# Perfect Push Up Manual

**David A. Karp, Andy Rathbone**



## **Perfect Push Up Manual:**

## Reviewing **Perfect Push Up Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Perfect Push Up Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Table of Contents Perfect Push Up Manual**

1. Understanding the eBook Perfect Push Up Manual
  - The Rise of Digital Reading Perfect Push Up Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Push Up Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Perfect Push Up Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Push Up Manual
  - Personalized Recommendations
  - Perfect Push Up Manual User Reviews and Ratings
  - Perfect Push Up Manual and Bestseller Lists

5. Accessing Perfect Push Up Manual Free and Paid eBooks
  - Perfect Push Up Manual Public Domain eBooks
  - Perfect Push Up Manual eBook Subscription Services
  - Perfect Push Up Manual Budget-Friendly Options
6. Navigating Perfect Push Up Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Perfect Push Up Manual Compatibility with Devices
  - Perfect Push Up Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Perfect Push Up Manual
  - Highlighting and Note-Taking Perfect Push Up Manual
  - Interactive Elements Perfect Push Up Manual
8. Staying Engaged with Perfect Push Up Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Perfect Push Up Manual
9. Balancing eBooks and Physical Books Perfect Push Up Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Perfect Push Up Manual
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Perfect Push Up Manual
  - Setting Reading Goals Perfect Push Up Manual
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Perfect Push Up Manual
  - Fact-Checking eBook Content of Perfect Push Up Manual
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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