

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 flat on the ground.
Head neutral. Back straight, arms straight.



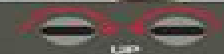
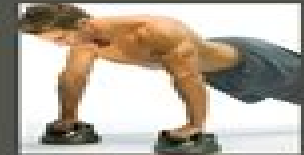
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DOWN

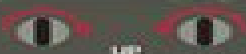
Position

Shoulder, elbow and hip all in one straight line.
Feet flat on the ground.
Head neutral. Back straight, arms straight.



UP

Wide Position



UP

Position

Hands far apart, wider than shoulder width apart.
Body alignment - same as Regular Position.
Down position - Elbow points straight out.



DOWN

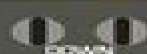
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - same as Regular Position.
Down position - Elbow points straight out.

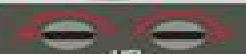
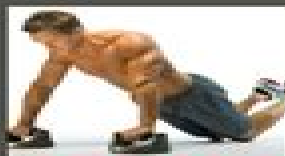


DOWN

Modified Workouts

These workout variations should be completed in 2 minutes each.
Use the 30-second rule to determine the number of sets.
If you are not comfortable with the exercise, do not increase the number of sets.
If you are not comfortable with the exercise, do not increase the number of sets.

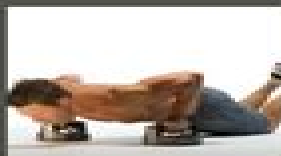
Knee Position



UP

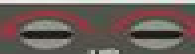
Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Back straight, arms straight.



DOWN

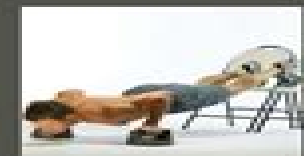
Chair Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Back straight, arms straight.



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the ground.
Head	Head neutral, eyes forward.
Arms	Arms straight, no bending.
Back	Back straight, no rounding.
Core	Core engaged, no sagging.
Feet	Feet flat on the ground.
Head	Head neutral, eyes forward.
Arms	Arms straight, no bending.
Back	Back straight, no rounding.
Core	Core engaged, no sagging.

Routine - 2 Minute Drills

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

Schedule

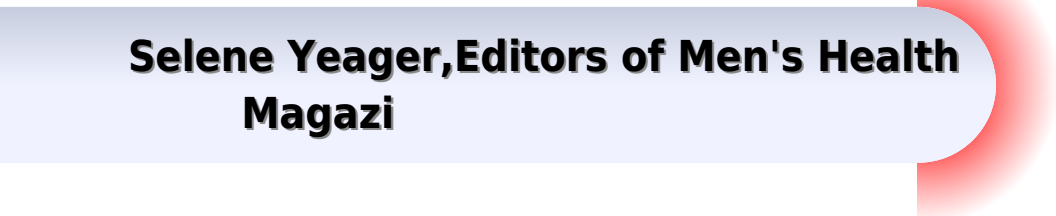
Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	10, 10, 10	10, 10, 10	10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the number of sets. If you are not comfortable with the exercise, do not increase the number of sets. If you are not comfortable with the exercise, do not increase the number of sets.

Perfect Pushup Workout Guide

**Selene Yeager, Editors of Men's Health
Magazi**



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