

# 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 from head to toe. Your elbows should be directly under your shoulders.



MID



DOWN

Position

Shoulder, elbow, and hip are all directly under the shoulder. Body alignment - spine runs easily as Regular Position. Elbows should be directly under the hip position.



UP

### Wide Position



UP

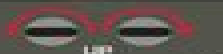
Position

Hands are far apart wider than your shoulders with your feet flat on the floor. Your body should be straight from head to toe. Your elbows should be directly under your shoulders.



DOWN

### Close Position



UP

Position

Hands should be all directly under the shoulder. Body alignment - spine runs easily as Regular Position. Elbows go 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 your workout. If you are not comfortable with the number, do not increase the number of your workout. If you are not comfortable with the number, do not increase the number of your workout. If you are not comfortable with the number, do not increase the number of your workout.

### Knee Position



UP

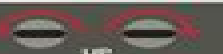
Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight from head to toe. Your elbows should be directly under your shoulders.



DOWN

### Chair Position



UP

Position

Hands should be all directly under the shoulder. Body alignment - spine runs easily as Regular Position. Elbows go straight back as you move toward the Down position.



DOWN

#### Checklist

Head	Neck is in line with shoulders and hips.
Back	Shoulders are in line with hips and feet.
Arms	Elbows are directly under shoulders.
Feet	Feet are flat on the floor.
Core	Core is engaged and tight.
Legs	Legs are straight and in line with hips.
Shoulders	Shoulders are in line with hips and feet.

#### Routine - 2 Minute Drills

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

#### Schedule

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 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 your workout. If you are not comfortable with the number, do not increase the number of your workout. If you are not comfortable with the number, do not increase the number of your workout. If you are not comfortable with the number, do not increase the number of your workout.

# Perfect Push Up Manual

**JS Bruner**



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













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