

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 floor, toes tucked under.
Head neutral. Neck straight, spine straight.



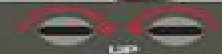
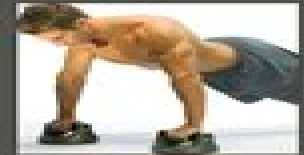
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.
Elbow tucked in close to the body.
Feet flat on the floor, toes tucked under.



UP

Wide Position



UP

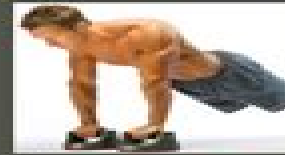
Position

Hands far apart, wider than shoulder width apart.
Body alignment - spine runs parallel to Regular Position.
Down position - 1 elbow joint straight out.



DOWN

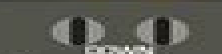
Close Position



UP

Position

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

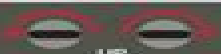


DOWN

Modified Workouts

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

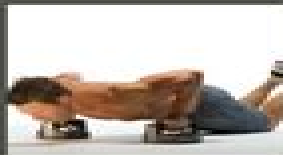
Knee Position



UP

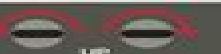
Position

Feet flat on the floor, toes tucked under.
Head neutral. Neck straight, spine straight.



DOWN

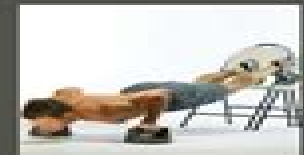
Chair Position



UP

Position

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



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Neutral position - eyes to the front
Shoulder	Shoulder, elbow and hip all in one straight line
Elbow	Elbow tucked in close to the body
Feet	Feet flat on the floor, toes tucked under
Head	Head neutral. Neck straight, spine straight
Spine	Spine straight. Head neutral. Neck straight, spine straight
Elbow	Elbow tucked in close to the body
Feet	Feet flat on the floor, toes tucked under

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:15	2. Regular	2. Wide	2. Close
0:30	3. Regular	3. Wide	3. Close
0:45	4. Regular	4. Wide	4. Close
1:00	5. Regular	5. Wide	5. Close
1:15	6. Regular	6. Wide	6. Close
1:30	7. Regular	7. Wide	7. Close
1:45	8. Regular	8. Wide	8. Close
2:00	9. Regular	9. Wide	9. Close

Schedule

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

Customize

These workouts are designed to 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, do not increase the number of reps. If you are not comfortable with the number, do not increase the number of reps.

Perfect Pushup Manual

Mark Steyvers



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Table of Contents Perfect Pushup Manual

1. Understanding the eBook Perfect Pushup Manual
 - The Rise of Digital Reading Perfect Pushup Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pushup 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 Pushup Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pushup Manual
 - Personalized Recommendations
 - Perfect Pushup Manual User Reviews and Ratings
 - Perfect Pushup Manual and Bestseller Lists
5. Accessing Perfect Pushup Manual Free and Paid eBooks
 - Perfect Pushup Manual Public Domain eBooks
 - Perfect Pushup Manual eBook Subscription Services
 - Perfect Pushup Manual Budget-Friendly Options
6. Navigating Perfect Pushup Manual eBook Formats

- ePub, PDF, MOBI, and More
- Perfect Pushup Manual Compatibility with Devices
- Perfect Pushup Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Pushup Manual
 - Highlighting and Note-Taking Perfect Pushup Manual
 - Interactive Elements Perfect Pushup Manual
- 8. Staying Engaged with Perfect Pushup Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Pushup Manual
- 9. Balancing eBooks and Physical Books Perfect Pushup Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Pushup Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Perfect Pushup Manual
 - Setting Reading Goals Perfect Pushup Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perfect Pushup Manual
 - Fact-Checking eBook Content of Perfect Pushup 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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