

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, you have challenging workout drills for every fitness level.

Regular Position



UP

Position

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



MID



DOWN

Position

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



UP

Wide Position



UP

Position

Hands far apart with your feet flat on the floor. Your body should be straight.



DOWN

Close Position



UP

Position

Hands close together with your feet flat on the floor. Your body should be straight.



DOWN

Modified Workouts

These workout routines are designed to be completed in 2 minutes per day. Use the routines as a guide, or adjust the number of reps to suit your needs. If you are not comfortable with the routines, or if you are not strong enough to perform them from the upright position, it is the routine is not for you, and you should consult your doctor.

Knee Position



UP

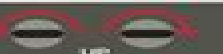
Position

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



DOWN

Chair Position



UP

Position

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



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms extended straight out in front of you.
Head	Head, neck, and shoulders in a straight line.
Core	Core muscles engaged to support the body.
Back	Back muscles engaged to support the body.
Glutes	Glutes engaged to support the body.
Legs	Legs engaged to support the body.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	10	10	10
0:20	10	10	10
0:30	10	10	10
0:40	10	10	10
0:50	10	10	10
1:00	10	10	10
1:10	10	10	10
1:20	10	10	10
1:30	10	10	10
1:40	10	10	10
1:50	10	10	10
2:00	10	10	10

Schedule

Day	Regular	Wide	Close
1	10	10	10
2	10	10	10
3	10	10	10
4	10	10	10
5	10	10	10
6	10	10	10
7	10	10	10
8	10	10	10
9	10	10	10
10	10	10	10
11	10	10	10
12	10	10	10
13	10	10	10
14	10	10	10
15	10	10	10
16	10	10	10
17	10	10	10
18	10	10	10
19	10	10	10
20	10	10	10
21	10	10	10
22	10	10	10
23	10	10	10
24	10	10	10
25	10	10	10
26	10	10	10
27	10	10	10
28	10	10	10
29	10	10	10
30	10	10	10

Customize

These routines are designed to be completed in 2 minutes per day. Use the routines as a guide, or adjust the number of reps to suit your needs. If you are not comfortable with the routines, or if you are not strong enough to perform them from the upright position, it is the routine is not for you, and you should consult your doctor.

Perfect Push Up Workout Guide

Cissik, John,Dawes, Jay



Perfect Push Up Workout Guide:

This book delves into Perfect Push Up Workout Guide. Perfect Push Up Workout Guide is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Perfect Push Up Workout Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Perfect Push Up Workout Guide
 - Chapter 2: Essential Elements of Perfect Push Up Workout Guide
 - Chapter 3: Perfect Push Up Workout Guide in Everyday Life
 - Chapter 4: Perfect Push Up Workout Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Perfect Push Up Workout Guide. The first chapter will explore what Perfect Push Up Workout Guide is, why Perfect Push Up Workout Guide is vital, and how to effectively learn about Perfect Push Up Workout Guide.
3. In chapter 2, the author will delve into the foundational concepts of Perfect Push Up Workout Guide. This chapter will elucidate the essential principles that need to be understood to grasp Perfect Push Up Workout Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Perfect Push Up Workout Guide in daily life. This chapter will showcase real-world examples of how Perfect Push Up Workout Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Perfect Push Up Workout Guide in specific contexts. This chapter will explore how Perfect Push Up Workout Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Perfect Push Up Workout Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Push Up Workout Guide.

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