

PERFECT • PUSHUP™

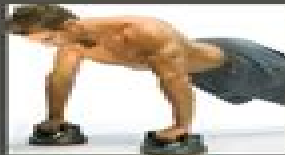
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Get Ripped Workouts

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 workouts, drills, or they become routines.

Regular Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet together & toes tucked under.
Head neutral. Forearm straight, elbow straight.



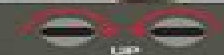
MID



DOWN

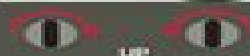
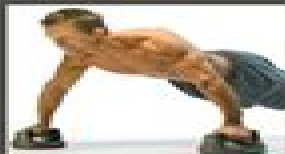
Position

Shoulder, elbow and hip in the same vertical plane.
Elbow tucked in close to the body.
Feet together as you push back to the UP position.



UP

Wide Position



UP

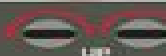
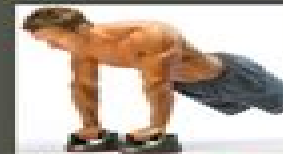
Position

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



DOWN

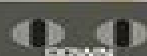
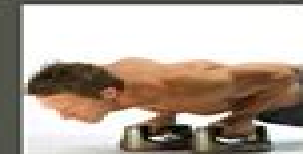
Close Position



UP

Position

Hands close to the body, under the shoulders.
Body alignment - same as Regular Position.
Down go as low back as you can, based on the Close position.

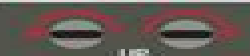
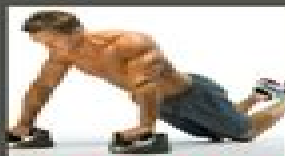


DOWN

Modified Workouts

These three variations 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.
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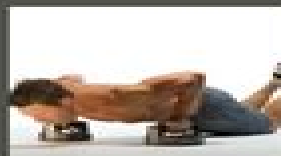
Knee Position



UP

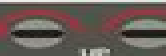
Position

Feet together, knees bent, arms straight.
Body alignment - same as Regular Position.



DOWN

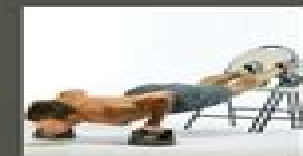
Chair Position



UP

Position

Use a chair, bench, or box.
Feet together, knees bent, arms straight.
Body alignment - same as Regular Position.



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Neutral position - eyes to the front
Shoulder	Shoulder, elbow and hip in the same vertical plane
Elbow	Elbow tucked in close to the body
Feet	Feet together, toes tucked under
Core	Core engaged, back straight
Arms	Arms straight, elbow straight
Hands	Hands slightly wider than shoulder width apart
Body	Body alignment - same as Regular Position
Down	Down as low as you can, based on the position
Up	Up as high as you can, based on the position

Routine - 2 Minute Drills

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

Schedule

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

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