

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.



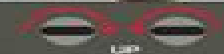
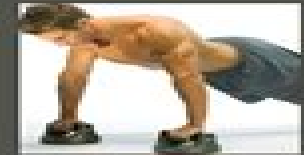
MID



DOWN

Position

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



UP

Wide Position



UP

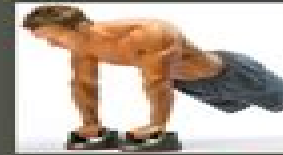
Position

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



DOWN

Close Position



UP

Position

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

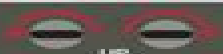


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these workouts from the upright position. If the routine is too easy, add more pushups.

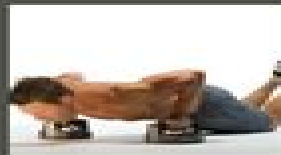
Knee Position



UP

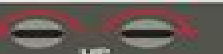
Position

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



DOWN

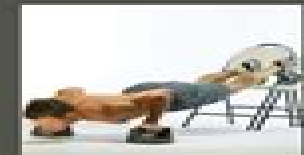
Chair Position



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.
Shoulders	Shoulders directly over the hands.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100 Pushups	100 Pushups	100 Pushups
0:10	100 Pushups	100 Pushups	100 Pushups
0:20	100 Pushups	100 Pushups	100 Pushups
0:30	100 Pushups	100 Pushups	100 Pushups
0:40	100 Pushups	100 Pushups	100 Pushups
0:50	100 Pushups	100 Pushups	100 Pushups
1:00	100 Pushups	100 Pushups	100 Pushups
1:10	100 Pushups	100 Pushups	100 Pushups
1:20	100 Pushups	100 Pushups	100 Pushups
1:30	100 Pushups	100 Pushups	100 Pushups
1:40	100 Pushups	100 Pushups	100 Pushups
1:50	100 Pushups	100 Pushups	100 Pushups
2:00	100 Pushups	100 Pushups	100 Pushups

Schedule

Day	Regular	Wide	Close
1	100 Pushups	100 Pushups	100 Pushups
2	100 Pushups	100 Pushups	100 Pushups
3	100 Pushups	100 Pushups	100 Pushups
4	100 Pushups	100 Pushups	100 Pushups
5	100 Pushups	100 Pushups	100 Pushups
6	100 Pushups	100 Pushups	100 Pushups
7	100 Pushups	100 Pushups	100 Pushups
8	100 Pushups	100 Pushups	100 Pushups
9	100 Pushups	100 Pushups	100 Pushups
10	100 Pushups	100 Pushups	100 Pushups
11	100 Pushups	100 Pushups	100 Pushups
12	100 Pushups	100 Pushups	100 Pushups
13	100 Pushups	100 Pushups	100 Pushups
14	100 Pushups	100 Pushups	100 Pushups
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24	100 Pushups	100 Pushups	100 Pushups
25	100 Pushups	100 Pushups	100 Pushups
26	100 Pushups	100 Pushups	100 Pushups
27	100 Pushups	100 Pushups	100 Pushups
28	100 Pushups	100 Pushups	100 Pushups
29	100 Pushups	100 Pushups	100 Pushups
30	100 Pushups	100 Pushups	100 Pushups

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these workouts from the upright position. If the routine is too easy, add more pushups.

Perfect Pushup Manual

M Carnoy



Perfect Pushup Manual:

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