

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 equal space between them. Feet shoulder width apart. Head neutral. Your weight should be evenly distributed.



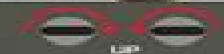
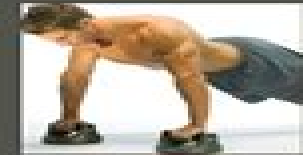
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line. Head, neck and spine in a straight line. Feet shoulder width apart. Head neutral. Your weight should be evenly distributed.



UP

Wide Position



UP

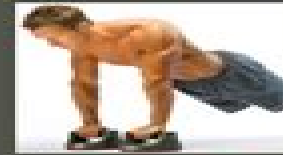
Position

Hands far apart with wider than shoulder width apart. Body alignment - same as pushup in Regular Position. Down position - 1. Elbow joint straight out.



DOWN

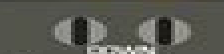
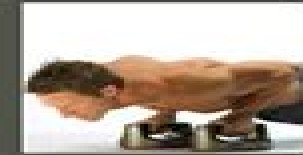
Close Position



UP

Position

Hands close to each other with the shoulder. Body alignment - same as pushup in Regular Position. Down position - 1. Elbow joint straight out.

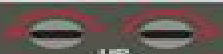


DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 30-second rule to determine the number of pushups. If you are not able to complete the workout, do as many as you can. If you are not able to complete the workout, do as many as you can. If you are not able to complete the workout, do as many as you can.

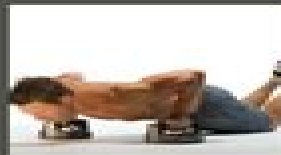
Knee Position



UP

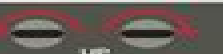
Position

Hands directly below your shoulders with equal space between them. Feet shoulder width apart. Head neutral. Your weight should be evenly distributed.



DOWN

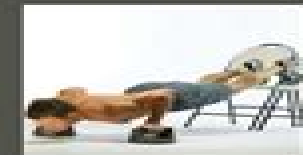
Chair Position



UP

Position

Hands directly below your shoulders with equal space between them. Feet shoulder width apart. Head neutral. Your weight should be evenly distributed.



DOWN

Checklist

Head	Neutral position - eyes to be with
Neck	Neck to be with head
Shoulder	Shoulder to be with head
Elbow	Elbow to be with head
Wrist	Wrist to be with head
Hand	Hand to be with head
Foot	Foot to be with head
Head	Head to be with head
Neck	Neck to be with head
Shoulder	Shoulder to be with head
Elbow	Elbow to be with head
Wrist	Wrist to be with head
Hand	Hand to be with head
Foot	Foot to be with head
Head	Head to be with head
Neck	Neck to be with head
Shoulder	Shoulder to be with head
Elbow	Elbow to be with head
Wrist	Wrist to be with head
Hand	Hand to be with head
Foot	Foot to be with head

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 pushups. If you are not able to complete the workout, do as many as you can. If you are not able to complete the workout, do as many as you can. If you are not able to complete the workout, do as many as you can.

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Padhraic Smyth



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