

# 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. Spine straight, slight arch.



MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.  
Feet flat on the floor, toes tucked under.  
Head neutral. Spine straight, slight arch.



UP

### Wide Position



UP

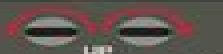
Position

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, within the shoulder.  
Body alignment - same as Regular Position.  
Down position - Elbow points 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 reps.  
If you are not comfortable with the number of reps, do a 1-minute rest and then repeat the workout from the upright position. If the routine is too easy, add more reps.

### Knee Position



UP

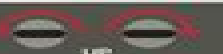
Position

Feet flat on the floor, toes tucked under.  
Head neutral. Spine straight, slight arch.



DOWN

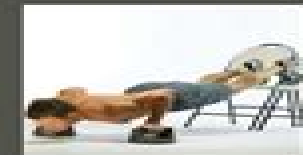
### Chair Position



UP

Position

Hands close to the body, within the shoulder.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

#### Checklist

| Head     | Neutral position - eyes to the front         |
|----------|----------------------------------------------|
| Neck     | Straight - no head tilt                      |
| Shoulder | Shoulder, elbow and hip in one line          |
| Elbow    | Elbow close to the body                      |
| Feet     | Feet flat on the floor, toes tucked under    |
| Core     | Core engaged - spine straight, slight arch   |
| Arms     | Arms straight, slight arch                   |
| Hands    | Hands close to the body, within the shoulder |
| Head     | Head neutral - eyes to the front             |
| Neck     | Neck straight - no head tilt                 |
| Shoulder | Shoulder, elbow and hip in one line          |
| Elbow    | Elbow close to the body                      |
| Feet     | Feet flat on the floor, toes tucked under    |
| Core     | Core engaged - spine straight, slight arch   |
| Arms     | Arms straight, slight arch                   |
| Hands    | Hands close to the body, within the shoulder |

#### Routine - 2 Minute Drills

| TIME | REGULAR         | WIDE            | CLOSE           |
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# Perfect Pushup Manual

**TD Snyder**



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web oct 4 2021 according to cpo magazine the platform already has over 2 5 million stolen credit cards selling between 0 30 and 14 40 over 1 1 million credit cards were stolen from victims in the united states cpo says it appears about 20 per cent of the stolen credit cards are still active and about 50 per cent haven t yet been compromised

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web mar 15 2023 bidencash announces the dump of 2 million stolen credit cards for free as part of the site s 1 year anniversary celebrations bidencash is considered to be one of the most popular credit card sites today and serves as the official sponsor of the popular credit card site crdpo

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