

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 under your shoulders with feet
feet hip-width apart. Push up with arms
feet straight. Push down with elbows.



MID



DOWN

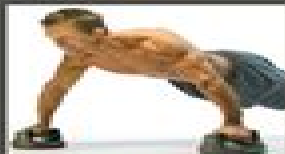
Position

Hands under your feet with arms straight.
Feet hip-width apart. Push up with arms
feet straight. Push down with elbows.



UP

Wide Position



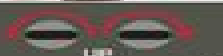
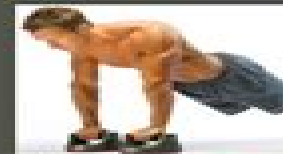
UP

Position

Hands far apart with arms straight. Feet
feet hip-width apart. Push up with arms
feet straight. Push down with elbows.



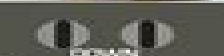
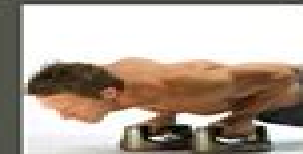
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UP

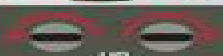
Position

Hands under your feet with arms straight.
Feet hip-width apart. Push up with arms
feet straight. Push down with elbows.



DOWN

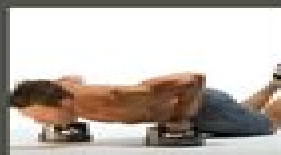
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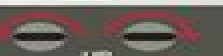
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Position

Hands under your feet with arms straight.
Feet hip-width apart. Push up with arms
feet straight. Push down with elbows.



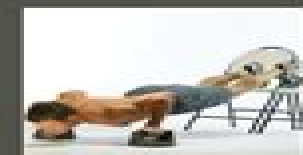
DOWN



UP

Position

Hands under your feet with arms straight.
Feet hip-width apart. Push up with arms
feet straight. Push down with elbows.



DOWN

Modified Workouts

These workout routines are designed to be completed in 2 minutes per
day. You can do the routine as often as you like. If you are not
ready to do the routine, you can do the routine as often as you like.
If you are not ready to do the routine, you can do the routine as often as you like.

Knee Position

Chair Position

Checklist

Item	Instructions
Feet	Feet hip-width apart. Push up with arms feet straight. Push down with elbows.
Arms	Arms straight. Push up with arms feet straight. Push down with elbows.
Core	Core tight. Push up with arms feet straight. Push down with elbows.
Elbows	Elbows under your feet. Push up with arms feet straight. Push down with elbows.
Shoulders	Shoulders under your feet. Push up with arms feet straight. Push down with elbows.

Routine - 2 Minute Drills

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

Schedule

Day	Regular	Wide	Close
1	10	10	10
2	20	20	20
3	30	30	30
4	40	40	40
5	50	50	50
6	60	60	60
7	70	70	70
8	80	80	80
9	90	90	90
10	1:00	1:00	1:00
11	1:10	1:10	1:10
12	1:20	1:20	1:20
13	1:30	1:30	1:30
14	1:40	1:40	1:40
15	1:50	1:50	1:50
16	2:00	2:00	2:00

Customize

These workouts are designed to be completed in 2 minutes per day. You can do the routine as often as you like. If you are not ready to do the routine, you can do the routine as often as you like. If you are not ready to do the routine, you can do the routine as often as you like.

Perfect Pushup Workout Guide

**Patricia A. Deuster, Pierre A.
Pelletier, Anita Singh**



Perfect Pushup Workout Guide:

Reviewing **Perfect Pushup Workout Guide**: Unlocking the Spellbinding Force of Linguistics

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