

# 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, drill, and refine your muscles.

### Regular Position



UP

Position

Hands slightly wider than shoulder width apart.  
Feet flat on the ground.  
Head neutral. Neck straight, spine straight.



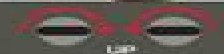
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.  
Feet flat on the ground.  
Head neutral. Neck straight, spine straight.



UP

### Wide Position



UP

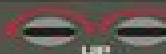
Position

Hands far apart, wider than shoulder width apart.  
Body alignment - spine runs parallel to Regular Position.  
Down position - Elbow points straight out.



DOWN

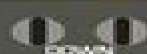
### Close Position



UP

Position

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



DOWN

## Modified Workouts

These workout routines 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. The challenge is to perform more than the upright position. If the routine is too easy, add more pushups.

### Knee Position



UP

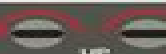
Position

Feet flat on the floor.  
Knee position - Elbow points straight out.



DOWN

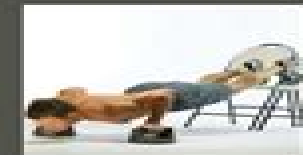
### Chair Position



UP

Position

Use a chair, bench, or box.  
Feet flat on the floor.  
Down position - Elbow points straight out.



DOWN

#### Checklist

|          |                                              |
|----------|----------------------------------------------|
| Feet     | Feet flat on the floor.                      |
| Head     | Head neutral, neck straight, spine straight. |
| Arms     | Arms straight, no bending at the elbow.      |
| Elbow    | Elbow points straight out.                   |
| Core     | Core engaged, spine straight.                |
| Spine    | Spine straight, no rounding.                 |
| Shoulder | Shoulder engaged, spine straight.            |

#### Routine - 2 Minute Drills

| Time | Regular       | Wide          | Close         |
|------|---------------|---------------|---------------|
| 0:00 | 100, 100, 100 | 100, 100, 100 | 100, 100, 100 |
| 0:10 | 100, 100, 100 | 100, 100, 100 | 100, 100, 100 |
| 0:20 | 100, 100, 100 | 100, 100, 100 | 100, 100, 100 |
| 0:30 | 100, 100, 100 | 100, 100, 100 | 100, 100, 100 |
| 0:40 | 100, 100, 100 | 100, 100, 100 | 100, 100, 100 |
| 0:50 | 100, 100, 100 | 100, 100, 100 | 100, 100, 100 |

#### Schedule

|          |          |          |          |
|----------|----------|----------|----------|
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |
| 1st Week | 1st Week | 1st Week | 1st Week |

#### 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. The challenge is to perform more than the upright position. If the routine is too easy, add more pushups.

# Perfect Push Up Workout Guide

**Hussin A.Rothana**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Perfect Push Up Workout Guide:**

## Reviewing **Perfect Push Up Workout Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Perfect Push Up Workout Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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