

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.



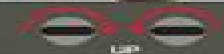
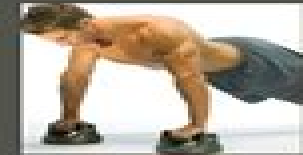
MID



DOWN

Position

Shoulder, elbow and hip are all directly above the shoulder. Body alignment - spine runs easily as Regular Position. Elbows should be directly back to the 12 position.



UP

Wide Position



UP

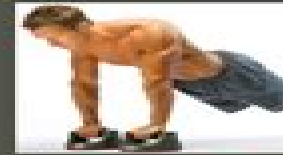
Position

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



DOWN

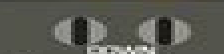
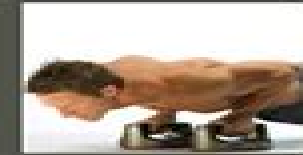
Close Position



UP

Position

Hands should be all directly above the shoulder. Body alignment - spine runs easily as Regular Position. Elbows go straight back as you move toward the Close position.

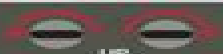


DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 10 second rest periods, or decrease the number of rest periods. If you are not comfortable with the workout, or if you are not strong enough to perform them from the upright position, it is the routine is not doing, and you are not pushing.

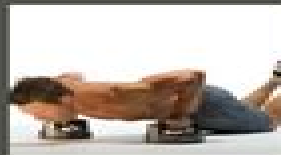
Knee Position



UP

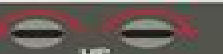
Position

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



DOWN

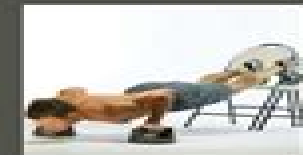
Chair Position



UP

Position

Hands should be all directly above the shoulder. Body alignment - spine runs easily as Regular Position. Elbows go straight back as you move toward the Chair position.



DOWN

Checklist

Head	Neck in line with shoulders
Back	Shoulders in line with hips
Arms	Elbows in line with shoulders
Feet	Feet flat on the floor
Core	Core muscles engaged
Legs	Legs straight
Shoulders	Shoulders in line with hips

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 10 second rest periods, or decrease the number of rest periods. If you are not comfortable with the workout, or if you are not strong enough to perform them from the upright position, it is the routine is not doing, and you are not pushing.

Perfect Push Up Manual

Michael Rajnik

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

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