

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.



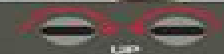
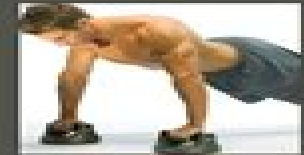
MID



DOWN

Position

Hands under your head and feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



UP

Wide Position



UP

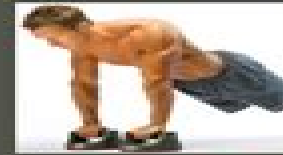
Position

Hands far apart with your feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



DOWN

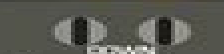
Close Position



UP

Position

Hands close to your head with your feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.

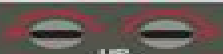


DOWN

Modified Workouts

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. You can always perform these from the upright position. If the routine is too easy, add more pushups.

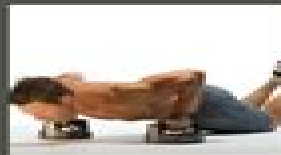
Knee Position



UP

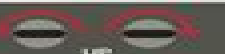
Position

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



DOWN

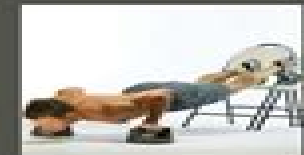
Chair Position



UP

Position

Hands directly below your shoulders with your feet flat on the floor. Your body should be straight. Push your chest up as you move back to the UP position.



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms extended straight out in front of you.
Head	Head, neck, and shoulders in a straight line.
Core	Core muscles engaged to support the body.
Back	Back muscles engaged to support the body.
Shoulders	Shoulders engaged to support the body.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	90	90	90
0:20	80	80	80
0:30	70	70	70
0:40	60	60	60
0:50	50	50	50
1:00	40	40	40
1:10	30	30	30
1:20	20	20	20
1:30	10	10	10
1:40	0	0	0

Schedule

Day	Regular	Wide	Close
Monday	100	100	100
Tuesday	90	90	90
Wednesday	80	80	80
Thursday	70	70	70
Friday	60	60	60
Saturday	50	50	50
Sunday	40	40	40

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. You can always perform these from the upright position. If the routine is too easy, add more pushups.

Perfect Pushup Manual

David Rutherford



Perfect Pushup Manual:

God's Exercise Manual Keith Lopez Organic Fitness,2007-12-18 God's Exercise Manual is a book created to provide an understanding of health It teaches a simple method to maintain a healthy body weight In a time when all food is fast and all movement is minimal this book is a necessity Health is not an option it is a desired state among all living creatures I created this book after 10 years of saturating myself in the world of health and fitness Nutrition and exercise will make an impact in your life if you can live with the simple changes that will increase your health A prescription does no good if it is not taken This book was written to deliver powerful and effective theories on exercise Simple and gradual changes in the way you move This is not a temporary change your life this is a permanent change of your life This diet is created by God because he created all the movements in the program

Doc Frog's Physical Training Manual David Rutherford,2014-02-22 In his first Froglogic Field Manual for Kids Doc Frog's Physical Training Manual Navy SEAL PT For Kids Navy SEAL motivational speaker David Rutherford introduces Special Operations Hero Doc Frog With professional comic book quality illustrations demonstrating step by step instructions Doc Frog's Recruits are challenged to incorporate physical training good nutrition and a positive motivational mindset as an integral part of their everyday lives David and Doc Frog's mission is to sharpen kids physical and mental focus and emphasize the importance of living a Team Life

The Manual Steve Santagati,2008-05-27 How many times have you and your friends asked one another these questions without ever coming up with any good answers Your girlfriends just tell you what you want to hear At the end of the day the only person who can give you insight into man problems is that s right a man But guys have hidden agendas What guy would give up all his dating advantages by spilling the goods Steve Santagati would A self confessed serial dater and Bad Boy Steve is telling all for the benefit of womankind Every guy is at least part Bad Boy and in The Manual this prime specimen reveals what every woman needs to know to counter Bad Boy tactics both amateur and professional Steve is never condescending or callous but honest perceptive and street smart His guidance is straightforward and his insights are dead on giving women tools they can immediately put to work Discover what you may not want to know but need to know about The Heart of the Bad Boy i e the nature of the beast The Male Mind how he sees you and how you can make this work to your advantage Guys on the Hunt the male modus operandi from the grocery store to Home Depot When Boy Meets Girl how to handle dating from flirting to sext messaging to learning his weaknesses Mating so you ve got him should you keep him Why learn from a Bad Boy instead of say a psychologist Because there s no replacement for in the field experience You ll benefit from and laugh at stories of real things Steve has done in relationships with women as well as of women turning the tables on him when he least expected it The book also includes a question and answer section in which Steve explores some of the toughest dating issues To understand Steve is to understand the Bad Boy and that will take you a long way in understanding all men Find out how much more fun dating can be when you get the upper hand on Bad Boys for good

The Total Fitness Manual Gold's

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