

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 together. Body is straight and your head is in line with your spine. Your elbows should be directly under your shoulders.



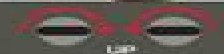
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DOWN

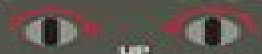
Position

Shoulder, elbow, and wrist are all in a straight line. Your body is straight and your head is in line with your spine. Your elbows should be directly under your shoulders.



UP

Wide Position



UP

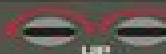
Position

Hands are far apart with your feet together. Your elbows are wide apart. Your body is straight and your head is in line with your spine. Your elbows should be directly under your shoulders.



DOWN

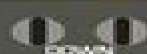
Close Position



UP

Position

Hands are close together with your feet together. Your elbows are close together. Your body is straight and your head is in line with your spine. Your elbows should be directly under your shoulders.

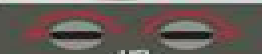
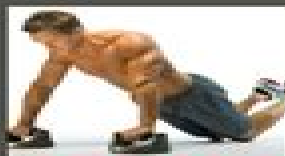


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per workout. Use the 2 minute timer to track your progress. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time.

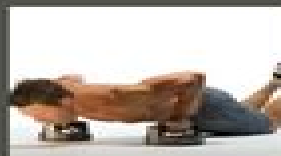
Knee Position



UP

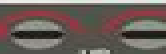
Position

Hands are directly below your shoulders with your feet together. Your body is straight and your head is in line with your spine. Your elbows should be directly under your shoulders.



DOWN

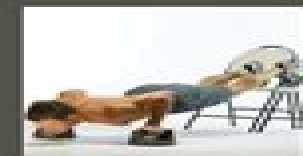
Chair Position



UP

Position

Hands are directly below your shoulders with your feet together. Your body is straight and your head is in line with your spine. Your elbows should be directly under your shoulders.



DOWN

Checklist

Item	Instructions
Feet	Feet are together with toes pointing forward.
Hands	Hands are directly below your shoulders with your fingers spread.
Elbows	Elbows are directly under your shoulders.
Head	Head is in line with your spine.
Core	Core is engaged and your back is straight.
Arms	Arms are extended and your body is straight.
Shoulders	Shoulders are directly under your head.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:15	2. Regular	2. Wide	2. Close
0:30	3. Regular	3. Wide	3. Close
0:45	4. Regular	4. Wide	4. Close
1:00	5. Regular	5. Wide	5. Close
1:15	6. Regular	6. Wide	6. Close
1:30	7. Regular	7. Wide	7. Close
1:45	8. Regular	8. Wide	8. Close
2:00	9. Regular	9. Wide	9. Close

Schedule

Day	Regular	Wide	Close
1	1. Regular	1. Wide	1. Close
2	2. Regular	2. Wide	2. Close
3	3. Regular	3. Wide	3. Close
4	4. Regular	4. Wide	4. Close
5	5. Regular	5. Wide	5. Close
6	6. Regular	6. Wide	6. Close
7	7. Regular	7. Wide	7. Close
8	8. Regular	8. Wide	8. Close
9	9. Regular	9. Wide	9. Close
10	10. Regular	10. Wide	10. Close

Customize

These workouts are designed to be completed in 2 minutes per workout. Use the 2 minute timer to track your progress. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time. If you are not comfortable with the workout, you can stop at any time.

Perfect Push Up Workout Guide

Marcel A. Müller

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

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