

PERFECT • PUSHUP™

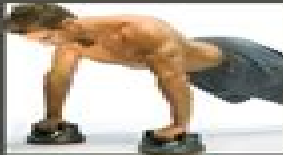
www.perfectpushup.com

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



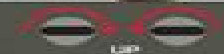
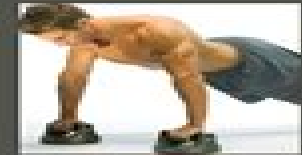
MID



DOWN

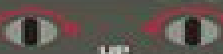
Position

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



UP

Wide Position



UP

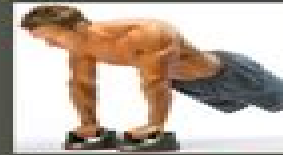
Position

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



DOWN

Close Position



UP

Position

Hands close to your feet with your feet flat on the floor. Your body should be straight.

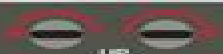


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups 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 challenge. If the routine is too easy, add more pushups.

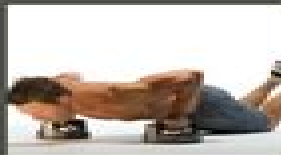
Knee Position



UP

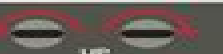
Position

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



DOWN

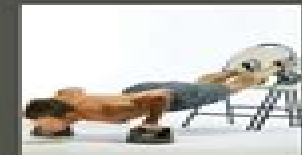
Chair Position



UP

Position

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



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 Pushups	100 Pushups	100 Pushups
0:10	100 Pushups	100 Pushups	100 Pushups
0:20	100 Pushups	100 Pushups	100 Pushups
0:30	100 Pushups	100 Pushups	100 Pushups
0:40	100 Pushups	100 Pushups	100 Pushups
0:50	100 Pushups	100 Pushups	100 Pushups
1:00	100 Pushups	100 Pushups	100 Pushups
1:10	100 Pushups	100 Pushups	100 Pushups
1:20	100 Pushups	100 Pushups	100 Pushups
1:30	100 Pushups	100 Pushups	100 Pushups
1:40	100 Pushups	100 Pushups	100 Pushups
1:50	100 Pushups	100 Pushups	100 Pushups

Schedule

Day	Regular	Wide	Close
1	100 Pushups	100 Pushups	100 Pushups
2	100 Pushups	100 Pushups	100 Pushups
3	100 Pushups	100 Pushups	100 Pushups
4	100 Pushups	100 Pushups	100 Pushups
5	100 Pushups	100 Pushups	100 Pushups
6	100 Pushups	100 Pushups	100 Pushups
7	100 Pushups	100 Pushups	100 Pushups
8	100 Pushups	100 Pushups	100 Pushups
9	100 Pushups	100 Pushups	100 Pushups
10	100 Pushups	100 Pushups	100 Pushups
11	100 Pushups	100 Pushups	100 Pushups
12	100 Pushups	100 Pushups	100 Pushups

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups 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 challenge. If the routine is too easy, add more pushups.

Perfect Push Up Workout Guide

Ava Thompson, AI

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

Perfect Push Up Workout Guide:

Eventually, you will no question discover a other experience and execution by spending more cash. nevertheless when? accomplish you acknowledge that you require to get those all needs similar to having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more in the region of the globe, experience, some places, taking into consideration history, amusement, and a lot more?

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