PERFECT • PUSHUP™

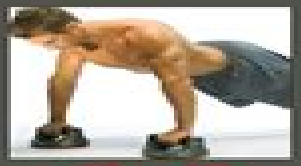
www.perfectpushup.com

Get Ripped Workouts

GOALS: Core Strength Training | Build & Tone Upper Body

Welcome to the Perfect Pushup. These exercises will improve your strength, definition and build a good foundation for more challenging workouts. Subscribe to our website to receive notifications of new and more challenging workout drills as they become available.

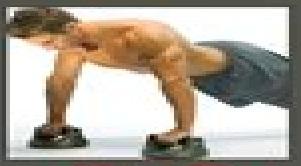
Regular Position



UP

MID

DOWN



UP

Pointers

Hands slightly wider than shoulder-width apart
Head, Back & Legs in alignment
Head neutral. Eyes remain above shoulders.

Pointers

Slowly lower yourself to the Down position
Chest should align with top of Perfect Pushup handles
Repeat motion as you press back to the Up position

Wide Position

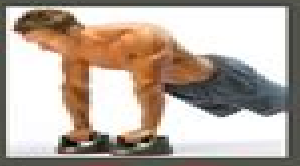
UP

DOWN

Pointers

Hands are hand-width wider than shoulder-width apart
Body alignment - same rules apply as Regular Position
Down position - Elbows joint at right cut

Close Position



UP

DOWN

Pointers

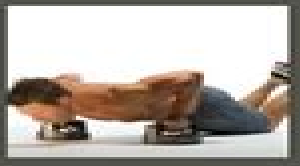
Hands should be directly below the shoulders
Body alignment - same rules apply as Regular Position
Elbows go straight back as you move inward to the Down position

Modified Workouts

When these exercises aren't no exercise not to complete a 2 minute drill!
Use these modifications to increase or decrease the intensity of your workouts.
If you struggle to complete the modified exercises, do knee pushups until you build up enough strength to perform down from the upright position. If the routine is too easy, add some chair pushups!

Knee Position

UP



DOWN

Pointers

Feet remain off the floor
Follow positions rules required for your exercise
(Regular Position shown)

Chair Position

UP

DOWN

Pointers

Use sturdy, stationary chair(s)
Start hand position first
Place one foot on a one end chair
Slowly lower to floor until familiar
(Regular Position shown)

Checklist

- Head! — Neutral position – eyes in line with shoulders and spine
- Back — Straight, in line with head. Back is Legs
- Hips — Hips in neutral. Not too high or too low
- Arms — Centered, shoulder-width apart, elbows
- Legs — Straight, forward on line with hips
- Place — 2 surfaces are your hands
- Breathing — Inhale on the way down, exhale on the way up

Routine - 2 Minute Drills

Week	Regular	Wide	Close
1	4, 3, 2, 1 (Knee Pushups)	4, 3, 2, 1 (Knee Pushups)	4, 3, 2, 1 (Knee Pushups)
2	5, 4, 3, 2	5, 4, 3, 2	5, 4, 3, 2
3	7, 6, 5, 4	7, 6, 5, 4	7, 6, 5, 4
4	9, 8, 7, 6	9, 8, 7, 6	9, 8, 7, 6
5	11, 10, 9	11, 10, 9	11, 10, 9
6	13, 12, 11	13, 12, 11	13, 12, 11
7	15, 14, 13	15, 14, 13	15, 14, 13
8	17, 16, 15	17, 16, 15	17, 16, 15
9	19, 18, 17	19, 18, 17	19, 18, 17
10	21, 20, 19	21, 20, 19	21, 20, 19
11	23, 22, 21	23, 22, 21	23, 22, 21
12	25, 24, 23	25, 24, 23	25, 24, 23
13	27, 26, 25	27, 26, 25	27, 26, 25
14	29, 28, 27	29, 28, 27	29, 28, 27
15	31, 30, 29	31, 30, 29	31, 30, 29
16	33, 32, 31	33, 32, 31	33, 32, 31
17	35, 34, 33	35, 34, 33	35, 34, 33
18	37, 36, 35	37, 36, 35	37, 36, 35
19	39, 38, 37	39, 38, 37	39, 38, 37
20	41, 40, 39	41, 40, 39	41, 40, 39

Schedule

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Week Regular: 1 Wide, 1 Close	OFF	2 Regular, 1 Wide, 1 Close	OFF	2 Regular, 1 Wide, 1 Close	OFF	2 Regular, 1 Wide, 1 Close
2	OFF	2 Regular, 1 Wide, 1 Close	OFF	2 Regular, 1 Wide, 1 Close	OFF	2 Regular Close, 1 Regular, 1 Wide, 1 Close	OFF
3	2 Regular Close, 1 Wide, 1 Close	OFF	2 Regular Close, 1 Wide Close, 1 Close Close	OFF	OFF	1 Set MAX	Set Knee Lv. for the week (see Manual)

Customize

Each week, a certain level, perform one more regular push-up than in the previous week. Each week, perform one more wide push-up than in the previous week. Each week, perform one more close push-up than in the previous week. Example: Week 1: 4 regular, 3 wide, 2 close. Week 2: 5 regular, 4 wide, 3 close. Week 3: 6 regular, 5 wide, 4 close. Week 4: 7 regular, 6 wide, 5 close. Week 5: 8 regular, 7 wide, 6 close. Week 6: 9 regular, 8 wide, 7 close. Week 7: 10 regular, 9 wide, 8 close. Week 8: 11 regular, 10 wide, 9 close. Week 9: 12 regular, 11 wide, 10 close. Week 10: 13 regular, 12 wide, 11 close. Week 11: 14 regular, 13 wide, 12 close. Week 12: 15 regular, 14 wide, 13 close. Week 13: 16 regular, 15 wide, 14 close. Week 14: 17 regular, 16 wide, 15 close. Week 15: 18 regular, 17 wide, 16 close. Week 16: 19 regular, 18 wide, 17 close. Week 17: 20 regular, 19 wide, 18 close. Week 18: 21 regular, 20 wide, 19 close. Week 19: 22 regular, 21 wide, 20 close. Week 20: 23 regular, 22 wide, 21 close.

Each week, perform one more regular push-up than in the previous week. Each week, perform one more wide push-up than in the previous week. Each week, perform one more close push-up than in the previous week. Example: Week 1: 4 regular, 3 wide, 2 close. Week 2: 5 regular, 4 wide, 3 close. Week 3: 6 regular, 5 wide, 4 close. Week 4: 7 regular, 6 wide, 5 close. Week 5: 8 regular, 7 wide, 6 close. Week 6: 9 regular, 8 wide, 7 close. Week 7: 10 regular, 9 wide, 8 close. Week 8: 11 regular, 10 wide, 9 close. Week 9: 12 regular, 11 wide, 10 close. Week 10: 13 regular, 12 wide, 11 close. Week 11: 14 regular, 13 wide, 12 close. Week 12: 15 regular, 14 wide, 13 close. Week 13: 16 regular, 15 wide, 14 close. Week 14: 17 regular, 16 wide, 15 close. Week 15: 18 regular, 17 wide, 16 close. Week 16: 19 regular, 18 wide, 17 close. Week 17: 20 regular, 19 wide, 18 close. Week 18: 21 regular, 20 wide, 19 close. Week 19: 22 regular, 21 wide, 20 close. Week 20: 23 regular, 22 wide, 21 close.

If you struggle to complete the regular or wide push-up variations, do close push-ups until you build up enough strength to perform down from the upright position. If the routine is too easy, add some chair push-ups!

Perfect Push Up Manual

Rachel S Tattersall

Perfect Push Up Manual:

Unveiling the Magic of Words: A Review of "**Perfect Push Up Manual**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Perfect Push Up Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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