

# PERFECT • PUSHUP™

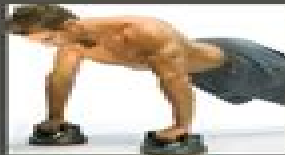
www.perfectpushup.com

## 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 under your shoulders with your feet flat on the floor. Your body should be straight.



MID



DOWN

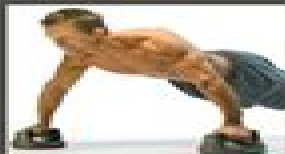
Position

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your feet should be flat on the floor.



UP

### Wide Position



UP

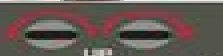
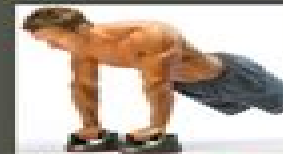
Position

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



DOWN

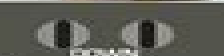
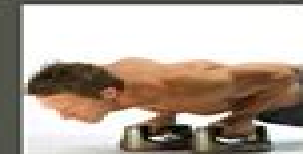
### Close Position



UP

Position

Hands are close together under your shoulders with your feet flat on the floor. Your body should be straight.

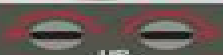
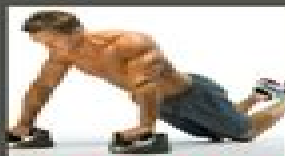


DOWN

## Modified Workouts

These workouts are designed to be completed in 2 minutes per workout. Use the 1 minute timer to keep track of 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.

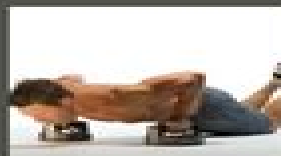
### Knee Position



UP

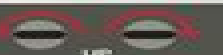
Position

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



DOWN

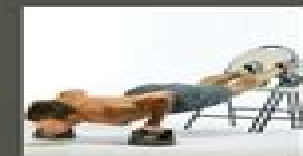
### Chair Position



UP

Position

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



DOWN

#### Checklist

Item	Notes
Feet	Feet flat on the floor
Back	Back straight, no arching
Arms	Arms straight, no bending
Head	Head down, eyes on the floor
Core	Core engaged, no sagging
Feet	Feet flat on the floor
Feet	Feet flat on the floor

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10	10, 10, 10	10, 10, 10
0:10	10, 10, 10	10, 10, 10	10, 10, 10
0:20	10, 10, 10	10, 10, 10	10, 10, 10
0:30	10, 10, 10	10, 10, 10	10, 10, 10
0:40	10, 10, 10	10, 10, 10	10, 10, 10
0:50	10, 10, 10	10, 10, 10	10, 10, 10

#### Schedule

Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10

#### Customize

These workouts are designed to be completed in 2 minutes per workout. Use the 1 minute timer to keep track of 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

**Chao Zhang**



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