

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, you have challenging workouts, drills, or they become routines.

Regular Position



UP

Position

Hands directly under your shoulders with feet
feet together & toes tucked under
Head neutral. Your weight should distribute



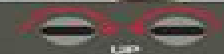
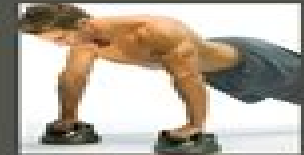
MID



DOWN

Position

Shoulder, chest and hip in the same vertical
line. Head, neck and back in the same vertical
line. Feet should be as close together as possible.



UP

Wide Position



UP

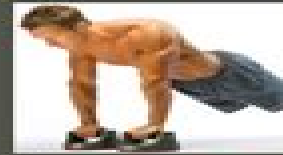
Position

Hands far apart with outer elbow shoulder width apart
Body alignment - same as Regular Position
Down position - Elbow joint straight out



DOWN

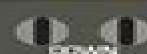
Close Position



UP

Position

Hands close to the center of the chest
Body alignment - same as Regular Position
Down go as far back as you can stand in the Close position

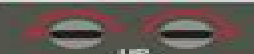


DOWN

Modified Workouts

These three exercises should be completed in 2 minutes per
day for the best results. If you are not able to complete the workout
if you are not able to complete the workout, do not do the workout
or perform them from the upright position. If the routine is too long, split into three parts.

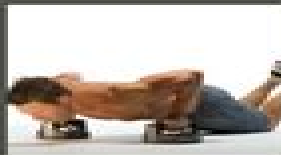
Knee Position



UP

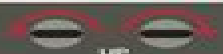
Position

Hands directly under your shoulders with feet
feet together & toes tucked under
Head neutral. Your weight should distribute



DOWN

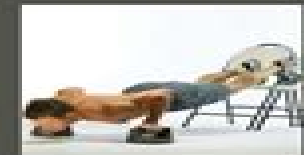
Chair Position



UP

Position

Hands directly under your shoulders with feet
feet together & toes tucked under
Head neutral. Your weight should distribute



DOWN

Checklist

Head	Neutral position - head to line with
Neck	Neck to line with head
Shoulder	Shoulder to line with head
Elbow	Elbow to line with head
Wrist	Wrist to line with head
Hand	Hand to line with head
Feet	Feet to line with head
Head	Head to line with head
Neck	Neck to line with head
Shoulder	Shoulder to line with head
Elbow	Elbow to line with head
Wrist	Wrist to line with head
Hand	Hand to line with head
Feet	Feet to line with head
Head	Head to line with head
Neck	Neck to line with head
Shoulder	Shoulder to line with head
Elbow	Elbow to line with head
Wrist	Wrist to line with head
Hand	Hand to line with head
Feet	Feet to line with head

Routine - 2 Minute Drills

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

Schedule

UP	DOWN	UP	DOWN
1. 10	1. 10	1. 10	1. 10
2. 10	2. 10	2. 10	2. 10
3. 10	3. 10	3. 10	3. 10
4. 10	4. 10	4. 10	4. 10
5. 10	5. 10	5. 10	5. 10
6. 10	6. 10	6. 10	6. 10
7. 10	7. 10	7. 10	7. 10
8. 10	8. 10	8. 10	8. 10
9. 10	9. 10	9. 10	9. 10
10. 10	10. 10	10. 10	10. 10

Customize

These workouts are designed to be completed in 2 minutes per day for the best results. If you are not able to complete the workout, do not do the workout or perform them from the upright position. If the routine is too long, split into three parts.

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