

# 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 challenging workout drills are truly becoming popular.

### Regular Position



UP

Position

Hands slightly wider than shoulder width apart.  
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



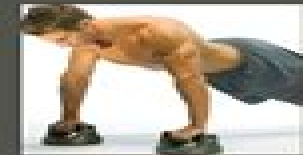
MID



DOWN

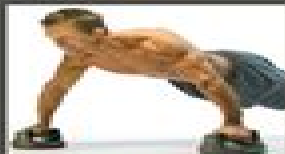
Position

Shoulder, elbow and hip in the same vertical plane.  
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



UP

### Wide Position



UP

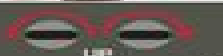
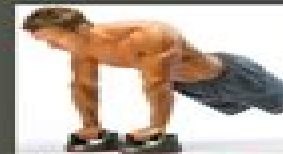
Position

Hands far apart wider than shoulder width apart.  
Body alignment - spine runs parallel to Regular Position.  
Down position - Elbow points straight out.



DOWN

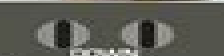
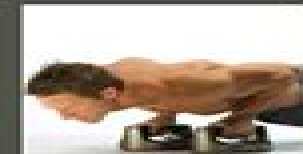
### Close Position



UP

Position

Hands close to the body, within the shoulder.  
Body alignment - spine runs parallel to Regular Position.  
Elbow go straight back as you move toward the Down position.

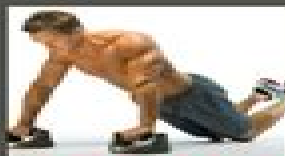


DOWN

## Modified Workouts

These three variations should be completed in 2 minutes each.  
Use the 10 second rule to determine the number of pushups.  
If you are not confident the number, do not decrease the number of pushups.  
If you are not confident the number, do not decrease the number of pushups.

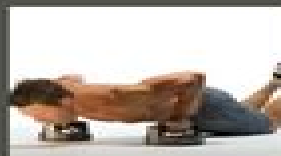
### Knee Position



UP

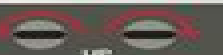
Position

Feet hip width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



DOWN

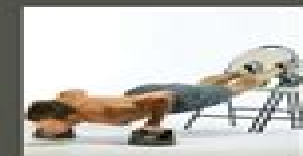
### Chair Position



UP

Position

Use a chair, bench, or stool.  
Feet hip width apart. Head, neck, back, hips, ankles in a straight line.  
Head neutral. Neck straight, spine straight.



DOWN

#### Checklist

Head	Neutral position - head to line with spine
Neck	Neutral position - head to line with spine
Back	Neutral position - head to line with spine
Feet	Feet hip width apart
Arms	Arms extended straight out
Elbows	Elbows close to the body
Core	Core engaged
Spine	Spine straight
Shoulders	Shoulders over the hands

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	10	10	10
0:20	10	10	10
0:30	10	10	10
0:40	10	10	10
0:50	10	10	10
1:00	10	10	10
1:10	10	10	10
1:20	10	10	10
1:30	10	10	10
1:40	10	10	10
1:50	10	10	10
2:00	10	10	10

#### Schedule

Day	Regular	Wide	Close
1	10	10	10
2	10	10	10
3	10	10	10
4	10	10	10
5	10	10	10
6	10	10	10
7	10	10	10
8	10	10	10
9	10	10	10
10	10	10	10
11	10	10	10
12	10	10	10
13	10	10	10
14	10	10	10
15	10	10	10
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18	10	10	10
19	10	10	10
20	10	10	10
21	10	10	10
22	10	10	10
23	10	10	10
24	10	10	10
25	10	10	10
26	10	10	10
27	10	10	10
28	10	10	10
29	10	10	10
30	10	10	10

#### Customize

These workouts are designed to be completed in 2 minutes each. Use the 10 second rule to determine the number of pushups. If you are not confident the number, do not decrease the number of pushups. If you are not confident the number, do not decrease the number of pushups.

# Perfect Push Up Workout Guide

**Christopher Hagerman, Mike  
Ritland, SOFREP**



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