

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, drive, and inspire positive results.

Regular Position



UP

Position

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



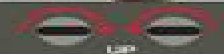
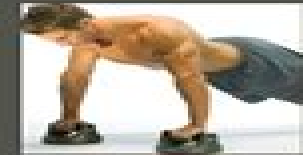
MID



DOWN

Position

Hands under your feet and feet flat on the floor. Your body should be straight. Your head should be in line with your spine.



UP

Wide Position



UP

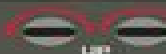
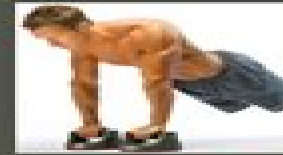
Position

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



DOWN

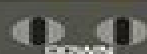
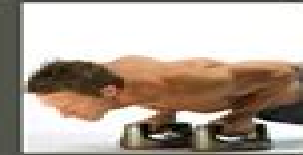
Close Position



UP

Position

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

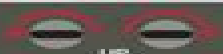


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these from the upright position. If the routine is too easy, add more pushups.

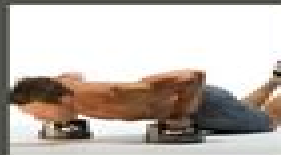
Knee Position



UP

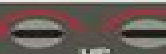
Position

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



DOWN

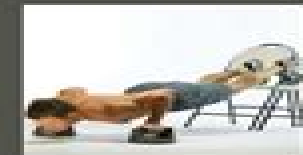
Chair Position



UP

Position

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



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms straight and pointing forward.
Head	Head straight and pointing forward.
Core	Core muscles engaged and holding the body in a straight line.
Shoulders	Shoulders directly under the hips.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	75	75	75
0:20	50	50	50
0:30	25	25	25
0:40	10	10	10
0:50	5	5	5
1:00	0	0	0

Schedule

Day	Regular	Wide	Close
1	100	100	100
2	75	75	75
3	50	50	50
4	25	25	25
5	10	10	10
6	5	5	5
7	0	0	0

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these from the upright position. If the routine is too easy, add more pushups.

Perfect Pushup Workout Guide

Scott C. Dulebohn

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

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