

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



MID



DOWN

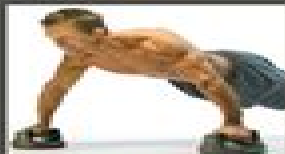
Position

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



UP

Wide Position



UP

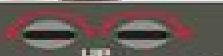
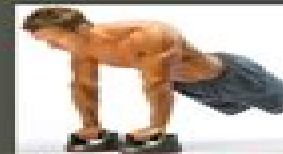
Position

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



DOWN

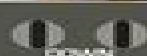
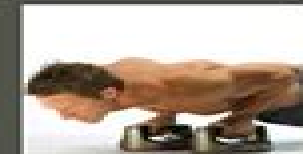
Close Position



UP

Position

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

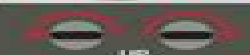
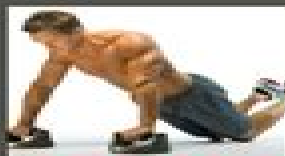


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the modifications to make the workouts easier or harder as needed. If you are not comfortable with the modifications, you can always return to the original workout. If you are not comfortable with the modifications, you can always return to the original workout.

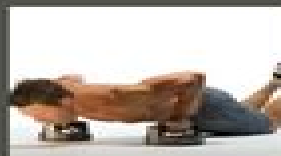
Knee Position



UP

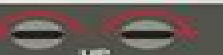
Position

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



DOWN

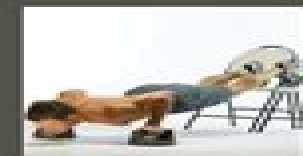
Chair Position



UP

Position

Hands directly below 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	0:00	0:00	0:00
0:10	10	10	10
0:20	20	20	20
0:30	30	30	30
0:40	40	40	40
0:50	50	50	50
1:00	60	60	60
1:10	70	70	70
1:20	80	80	80
1:30	90	90	90
1:40	100	100	100
1:50	110	110	110
2:00	120	120	120

Schedule

Day	Regular	Wide	Close
1	10	10	10
2	20	20	20
3	30	30	30
4	40	40	40
5	50	50	50
6	60	60	60
7	70	70	70
8	80	80	80
9	90	90	90
10	100	100	100
11	110	110	110
12	120	120	120

Customize

These workouts are designed to be completed in 2 minutes per day. Use the modifications to make the workouts easier or harder as needed. If you are not comfortable with the modifications, you can always return to the original workout. If you are not comfortable with the modifications, you can always return to the original workout.

Perfect Pushup Workout Guide

Ying-Ying Zheng

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

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web jan 1 2012 frank e peretti dane and mandy a popular magic act for forty years are tragically separated by a car wreck that claims mandy s life or so everyone thinks even as dane mourns and tries to rebuild his life without her mandy supposedly dead awakes in the present as the nineteen year old she was in 1970