

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 slightly wider than shoulder width apart.
Feet together & toes tucked under.
Head neutral. Forearm straight, elbow straight.



MID



DOWN

Position

Shoulder, elbow and hip in the same vertical line.
Feet together & toes tucked under.
Head neutral as you move back to the UP position.



UP

Wide Position



UP

Position

Hands far apart wider than shoulder width apart.
Body alignment - same as Regular Position.
Down position - Elbow points straight out.



DOWN

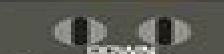
Close Position



UP

Position

Hands close to each other, within the shoulder.
Body alignment - same as Regular Position.
Down go straight back as you move toward the UP position.



DOWN

Modified Workouts

These three variations should be completed in 2 minutes each.
Use the 30-second rule to determine the number of pushups.
If you are not comfortable with the number, do not increase the number of pushups.
If you are not comfortable with the number, do not increase the number of pushups.

Knee Position



UP

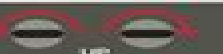
Position

Feet together & toes tucked under.
Head neutral as you move back to the UP position.
(Regular Position drill)



DOWN

Chair Position



UP

Position

Use a chair, bench, or stool.
Feet together & toes tucked under.
Head neutral as you move back to the UP position.
(Regular Position drill)



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Straight - no head tilt
Shoulder	Shoulder, elbow, hip, knee, foot & toe
Arm	Shoulder, elbow, hip, knee, foot & toe
Core	Core muscles - abdominal, back, hip
Legs	Legs - straight, feet together
Feet	Feet together, toes tucked under
Head	Head neutral as you move back to the UP position

Routine - 2 Minute Drills

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

Schedule

Day	Regular	Wide	Close
1	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
2	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
3	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
4	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
5	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
6	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
7	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10

Customize

These three variations should be completed in 2 minutes each.
Use the 30-second rule to determine the number of pushups.
If you are not comfortable with the number, do not increase the number of pushups.
If you are not comfortable with the number, do not increase the number of pushups.

Perfect Push Up Manual

L Towne

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

Perfect Push Up Manual:

The Enigmatic Realm of **Perfect Push Up Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Perfect Push Up Manual** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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