

# 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 slightly wider than shoulder width apart.  
Feet flat on the floor, toes tucked under.  
Head neutral. Spine straight, arms straight.



MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.  
Feet flat on the floor, toes tucked under.  
Head neutral. Spine straight, arms straight.



UP

### Wide Position



UP

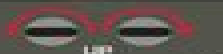
Position

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 the body, within the shoulder.  
Body alignment - same as Regular Position.  
Down position - Elbow points straight out.



DOWN

## Modified Workouts

These workout variations should be completed in 2 minutes each.  
Use the 30-second rule to determine the intensity of your workout.  
If you are able to complete the workout, do not increase the intensity of your workout.  
If you are unable to complete the workout, do not increase the intensity of your workout.  
If you are unable to complete the workout, do not increase the intensity of your workout.

### Knee Position



UP

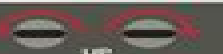
Position

Hands slightly wider than shoulder width apart.  
Feet flat on the floor, toes tucked under.  
Head neutral. Spine straight, arms straight.



DOWN

### Chair Position



UP

Position

Hands slightly wider than shoulder width apart.  
Feet flat on the floor, toes tucked under.  
Head neutral. Spine straight, arms straight.



DOWN

#### Checklist

Item	Instructions
Feet	Feet flat on the floor, toes tucked under.
Head	Head neutral, spine straight, arms straight.
Arms	Arms straight, no bending at the elbow.
Core	Core engaged, no sagging in the lower back.
Spine	Spine straight, no rounding of the shoulders.
Elbows	Elbows straight, no bending at the elbow.
Feet	Feet flat on the floor, toes tucked under.
Head	Head neutral, spine straight, arms straight.
Arms	Arms straight, no bending at the elbow.
Core	Core engaged, no sagging in the lower back.
Spine	Spine straight, no rounding of the shoulders.
Elbows	Elbows straight, no bending at the elbow.

#### Routine - 2 Minute Drills

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

#### Schedule

Day	Regular	Wide	Close
1	1:00	1:00	1:00
2	1:00	1:00	1:00
3	1:00	1:00	1:00
4	1:00	1:00	1:00
5	1:00	1:00	1:00
6	1:00	1:00	1:00
7	1:00	1:00	1:00
8	1:00	1:00	1:00
9	1:00	1:00	1:00
10	1:00	1:00	1:00
11	1:00	1:00	1:00
12	1:00	1:00	1:00
13	1:00	1:00	1:00
14	1:00	1:00	1:00
15	1:00	1:00	1:00
16	1:00	1:00	1:00
17	1:00	1:00	1:00
18	1:00	1:00	1:00
19	1:00	1:00	1:00
20	1:00	1:00	1:00
21	1:00	1:00	1:00
22	1:00	1:00	1:00
23	1:00	1:00	1:00
24	1:00	1:00	1:00
25	1:00	1:00	1:00
26	1:00	1:00	1:00
27	1:00	1:00	1:00
28	1:00	1:00	1:00
29	1:00	1:00	1:00
30	1:00	1:00	1:00

#### Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the intensity of your workout. If you are able to complete the workout, do not increase the intensity of your workout. If you are unable to complete the workout, do not increase the intensity of your workout.

# Perfect Push Up Workout Guide

**L Reisser**

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