

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 ground.
Head neutral. Neck straight, spine straight.



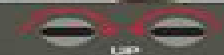
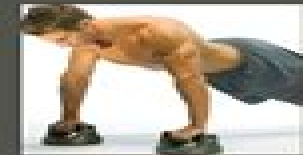
MID



DOWN

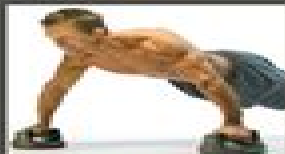
Position

Shoulder, wrist and hip all in the same vertical line.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

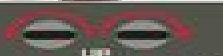
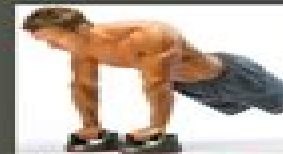
Position

Hands far apart wider than shoulder width apart.
Body alignment - spine runs parallel to Regular Position.
Down position - 1 elbow joint straight out.



DOWN

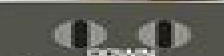
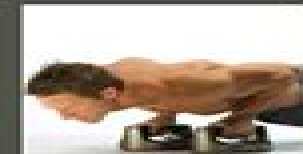
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - spine runs parallel to Regular Position.
Down position - 1 elbow joint straight out.

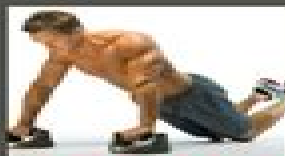


DOWN

Modified Workouts

These workout variations should be completed in 2 minutes each.
Use the 10 second rule to determine the number of reps.
If you are not confident the number, do not decrease the number of reps.
To perform from the upright position, 10 the routine is not done, and you are done.

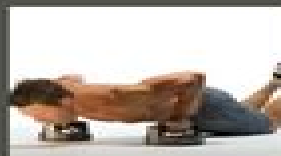
Knee Position



UP

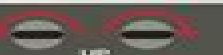
Position

Feet flat on the floor.
Feet flat on the floor.
Feet flat on the floor.



DOWN

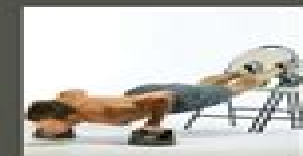
Chair Position



UP

Position

Feet flat on the floor.
Feet flat on the floor.
Feet flat on the floor.



DOWN

Checklist

Feet	Feet flat on the floor.
Head	Head neutral, neck straight, spine straight.
Arms	Arms straight, no bending.
Elbows	Elbows straight, no bending.
Core	Core tight, no sagging.
Spine	Spine straight, no bending.
Feet	Feet flat on the floor.
Head	Head neutral, neck straight, spine straight.
Arms	Arms straight, no bending.
Elbows	Elbows straight, no bending.
Core	Core tight, no sagging.
Spine	Spine straight, no bending.

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
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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 reps. If you are not confident the number, do not decrease the number of reps. To perform from the upright position, 10 the routine is not done, and you are done.

Perfect Pushup Manual

Kim Izzo



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