

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, drill, and refine your muscles.

Regular Position



UP

Position

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



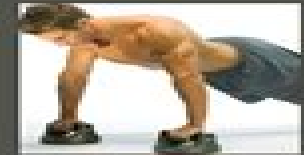
MID



DOWN

Position

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your feet should be flat on the floor.



UP

Wide Position



UP

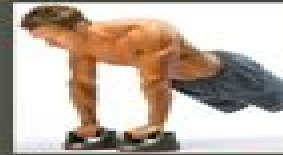
Position

Hands are far apart, wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

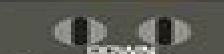
Close Position



UP

Position

Hands are close together, under your shoulders 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 100 pushups as a goal, or decrease the number of pushups if you are not ready for 100. If you are not ready for 100, you can do 50 pushups in 2 minutes. If you are not ready for 50, you can do 25 pushups in 2 minutes. If you are not ready for 25, you can do 10 pushups in 2 minutes. If you are not ready for 10, you can do 5 pushups in 2 minutes. If you are not ready for 5, you can do 1 pushup in 2 minutes.

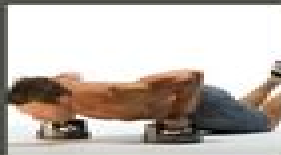
Knee Position



UP

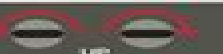
Position

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



DOWN

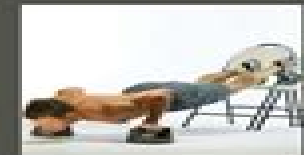
Chair Position



UP

Position

Hands are close together, under your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

Checklist

Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight down
Elbows	Elbows straight down
Core	Core engaged
Body	Body straight
Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight down
Elbows	Elbows straight down
Core	Core engaged
Body	Body straight
Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight down
Elbows	Elbows straight down
Core	Core engaged
Body	Body straight
Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight down
Elbows	Elbows straight down
Core	Core engaged
Body	Body straight

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	90	90	90
0:20	80	80	80
0:30	70	70	70
0:40	60	60	60
0:50	50	50	50
1:00	40	40	40
1:10	30	30	30
1:20	20	20	20
1:30	10	10	10
1:40	0	0	0
1:50	0	0	0
2:00	0	0	0

Schedule

Day	Regular	Wide	Close
1	100	100	100
2	90	90	90
3	80	80	80
4	70	70	70
5	60	60	60
6	50	50	50
7	40	40	40
8	30	30	30
9	20	20	20
10	10	10	10
11	0	0	0
12	0	0	0
13	0	0	0
14	0	0	0
15	0	0	0
16	0	0	0
17	0	0	0
18	0	0	0
19	0	0	0
20	0	0	0

Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups as a goal, or decrease the number of pushups if you are not ready for 100. If you are not ready for 100, you can do 50 pushups in 2 minutes. If you are not ready for 50, you can do 25 pushups in 2 minutes. If you are not ready for 25, you can do 10 pushups in 2 minutes. If you are not ready for 10, you can do 5 pushups in 2 minutes. If you are not ready for 5, you can do 1 pushup in 2 minutes.

Perfect Push Up Workout Guide

Steve Speirs



Perfect Push Up Workout Guide:

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