

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.



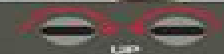
MID



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

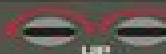
Position

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 back to the UP position.

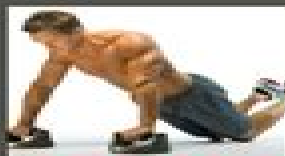


DOWN

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.

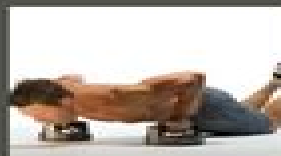
Knee Position



UP

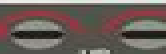
Position

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



DOWN

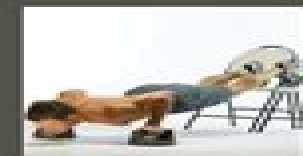
Chair Position



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 down)



DOWN

Checklist

Feet	Feet together & toes tucked under.
Head	Head neutral as you move back to the UP position.
Arms	Arms straight, elbow straight, hand straight.
Core	Core engaged, back straight, head straight.
Feet	Feet together & toes tucked under.
Head	Head neutral as you move back to the UP position.
Arms	Arms straight, elbow straight, hand straight.
Core	Core engaged, back straight, head straight.

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

1st	1st Regular 1st Wide 1st Close	2nd	2nd Regular 2nd Wide 2nd Close	3rd	3rd Regular 3rd Wide 3rd Close	4th	4th Regular 4th Wide 4th Close
5th	5th Regular 5th Wide 5th Close	6th	6th Regular 6th Wide 6th Close	7th	7th Regular 7th Wide 7th Close	8th	8th Regular 8th Wide 8th Close
9th	9th Regular 9th Wide 9th Close	10th	10th Regular 10th Wide 10th Close	11th	11th Regular 11th Wide 11th Close	12th	12th Regular 12th Wide 12th Close

Customize

These workouts are designed to 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

J Rink



Perfect Push Up Manual:

Embracing the Beat of Term: An Mental Symphony within **Perfect Push Up Manual**

In a global used by screens and the ceaseless chatter of immediate connection, the melodic splendor and mental symphony created by the written word usually diminish in to the background, eclipsed by the persistent sound and distractions that permeate our lives. But, nestled within the pages of **Perfect Push Up Manual** a wonderful literary value full of natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that captivating masterpiece conducts viewers on a psychological journey, well unraveling the concealed tunes and profound impact resonating within each carefully crafted phrase. Within the depths with this poignant examination, we shall discover the book is central harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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