

# 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 directly below 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 placed wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

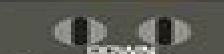
### Close Position



UP

Position

Hands are placed close together 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 challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these from the upright position. If the routine is too easy, add more pushups.

### Knee Position



UP

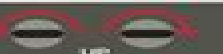
Position

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



DOWN

### Chair Position



UP

Position

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



DOWN

#### Checklist

Feet	Feet are flat on the floor.
Head	Head is in line with the spine.
Arms	Arms are straight and pointing down.
Elbows	Elbows are pointing down.
Core	Core is engaged and holding the body in a straight line.
Feet	Feet are flat on the floor.
Feet	Feet are flat on the floor.

#### 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

#### 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

#### Customize

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushups challenge as a guide to the intensity of your workout. If you are not able to complete the challenge, do not worry. You can always perform these from the upright position. If the routine is too easy, add more pushups.

# Perfect Pushup Workout Guide

**Ian Pickup**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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