

PERFECT • PUSHUP™

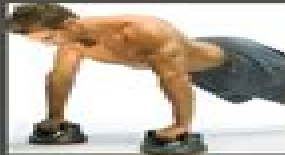
www.perfectpushup.com

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.



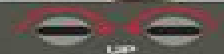
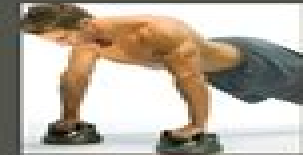
MID



DOWN

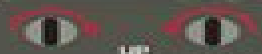
Position

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

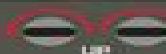
Position

Hands far apart wider than shoulder width apart.
Body alignment - same as Regular Position.
Down position - Elbow points straight out.



DOWN

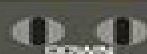
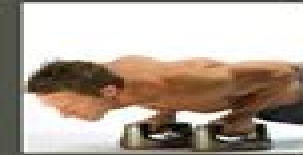
Close Position



UP

Position

Hands close to each other, within the shoulder.
Body alignment - same as Regular Position.
Down go as far back as you move forward in the Close position.

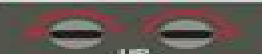


DOWN

Modified Workouts

These three variations should be completed in 2 minutes each.
Use the 30-second rule to determine the number of reps.
If you are not comfortable with the number, do not increase the number of reps.
If you are not comfortable with the number, do not increase the number of reps.

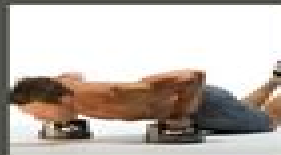
Knee Position



UP

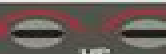
Position

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



DOWN

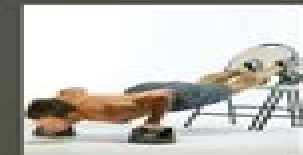
Chair Position



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

Head	Neutral position - eyes to the front
Neck	Strongly in front of shoulders
Shoulder	Shoulders in front of hips, feet in line
Arm	Shoulders wide and straightened, light
Core	Core engaged, back straight
Feet	Feet together, toes tucked under
Head	Head neutral, eyes to the front
Feet	Feet together, toes tucked under
Head	Head neutral, eyes to the front
Feet	Feet together, toes tucked under

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

Schedule

Day	Regular	Wide	Close
1	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
2	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
3	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
4	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
5	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
6	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10
7	10, 10, 10, 10	10, 10, 10, 10	10, 10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the number of reps. If you are not comfortable with the number, do not increase the number of reps. If you are not comfortable with the number, do not increase the number of reps.

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