

# 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 slightly wider than shoulder width apart.  
Feet together & toes tucked under.  
Head neutral. Neck straight, spine straight.



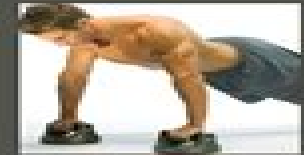
MID



DOWN

Position

Shoulder, elbow and hip all in one straight line.  
Feet together & toes tucked under.  
Head neutral as you move back to the UP position.



UP

### Wide Position



UP

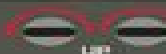
Position

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



DOWN

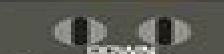
### Close Position



UP

Position

Hands close to each other, within the shoulder.  
Body alignment - spine runs parallel to Regular Position.  
Down go straight back as you move toward the Close position.

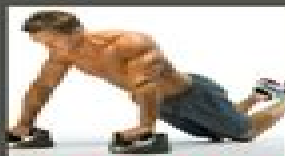


DOWN

## Modified Workouts

These three workouts should be completed in 2 minutes each.  
Use the 30 second rule to determine the number of pushups.  
If you are not confident the number, do not decrease the number of pushups.  
If you are not confident the number, do not decrease the number of pushups.

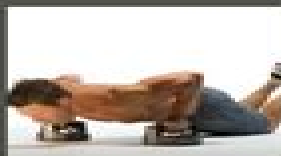
### Knee Position



UP

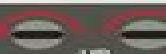
Position

Feet together & toes tucked under.  
Head neutral. Neck straight, spine straight.



DOWN

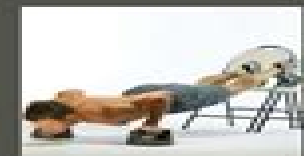
### Chair Position



UP

Position

Use chair, elbows raised.  
Feet together & toes tucked under.  
Head neutral. Neck straight, spine straight.



DOWN

#### Checklist

Head	Neutral position - eyes to line with
Neck	Neutral position - eyes to line with
Shoulder	Shoulder, elbow and hip all in one straight line
Feet	Feet together & toes tucked under
Head	Head neutral. Neck straight, spine straight
Spine	Spine straight. No rounding or arching
Elbow	Elbow joint straight out
Wrist	Wrist neutral. No flexion or extension
Hand	Hands slightly wider than shoulder width apart
Toe	Feet together & toes tucked under
Head	Head neutral. Neck straight, spine straight
Spine	Spine straight. No rounding or arching
Elbow	Elbow joint straight out
Wrist	Wrist neutral. No flexion or extension
Hand	Hands slightly wider than shoulder width apart
Toe	Feet together & toes tucked under

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
0:10	2. 10 Pushups	2. 10 Pushups	2. 10 Pushups
0:20	3. 10 Pushups	3. 10 Pushups	3. 10 Pushups
0:30	4. 10 Pushups	4. 10 Pushups	4. 10 Pushups
0:40	5. 10 Pushups	5. 10 Pushups	5. 10 Pushups
0:50	6. 10 Pushups	6. 10 Pushups	6. 10 Pushups
1:00	7. 10 Pushups	7. 10 Pushups	7. 10 Pushups
1:10	8. 10 Pushups	8. 10 Pushups	8. 10 Pushups
1:20	9. 10 Pushups	9. 10 Pushups	9. 10 Pushups
1:30	10. 10 Pushups	10. 10 Pushups	10. 10 Pushups
1:40	11. 10 Pushups	11. 10 Pushups	11. 10 Pushups
1:50	12. 10 Pushups	12. 10 Pushups	12. 10 Pushups

#### Schedule

Day	1st Regular	2nd Regular	3rd Regular	4th Regular	5th Regular
MON	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
TUE	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
WED	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
THU	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
FRI	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
SAT	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
SUN	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
1st Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
2nd Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
3rd Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
4th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
5th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
6th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
7th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
8th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
9th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
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11th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
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13th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
14th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
15th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
16th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
17th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
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22nd Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
23rd Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
24th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
25th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
26th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
27th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
28th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
29th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
30th Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups
31st Regular	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups	1. 10 Pushups

#### 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 confident the number, do not decrease the number of pushups. If you are not confident the number, do not decrease the number of pushups.

# Perfect Pushup Manual

**David Rutherford**



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qué es la gravedad la gravedad o fuerza de gravedad es un fenómeno de la naturaleza por el cual los cuerpos que poseen masa se atraen entre sí de manera recíproca con mayor intensidad conforme más masivos sean dichos cuerpos

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nov 20 2015 sabemos que la gravedad es meramente una fuerza de atracción es decir que únicamente atrae nunca repele y que es generada por cualquier objeto con masa pero la humanidad intentó durante miles de años dar respuesta a esta pregunta

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datos curiosos qué es la gravedad la gravedad es la fuerza que atrae dos cuerpos entre sí la fuerza que causa que las manzanas caigan al suelo y que los planetas orbiten alrededor del sol cuanto mayor masa contenga el objeto más fuerte es su fuerza gravitacional

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la gravedad es un fenómeno natural por el cual los objetos y campos de materia dotados de masa o energía son atraídos entre sí efecto mayormente observable en la interacción entre los planetas galaxias y demás objetos del universo es una de las cuatro interacciones fundamentales que origina la fuerza que experimenta un cuerpo físico en las cercanías de

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sep 9 2020 según la teoría de la relatividad general la gravedad es una característica geométrica del espacio tiempo es decir los efectos gravitatorios son una consecuencia de la forma

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la teoría de la gravedad también conocida como la ley de la gravitación universal es una de las teorías más importantes en la física y en la ciencia en general para entender la teoría de la gravedad es importante conocer a isaac newton el científico que la formuló en el siglo xvii

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dec 17 2020 pero eso lo sabe todo el mundo qué significa realmente qué es la gravedad la gravedad ha tenido un papel importante en convertir al universo en lo que es la gravedad es lo que hace que se unan entre sí trozos de materia para formar planetas lunas y

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la gravedad es lo que mantiene a la luna en órbita en torno a la tierra y lo que hace que el sol mantenga unido el conjunto de los planetas la atracción del sol y de la luna también provoca las mareas de los océanos de la tierra

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