

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

Hands under your feet and feet flat on the floor. Your body should be straight. Your head should be in line with your spine.



UP

Wide Position



UP

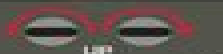
Position

Hands far apart with your feet flat on the floor. Your body should be straight. Your head should be in line with your spine.



DOWN

Close Position



UP

Position

Hands close to your feet with your feet flat on the floor. Your body should be straight. Your head should be in line with your spine.



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

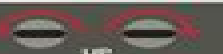
Position

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



DOWN

Chair Position



UP

Position

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



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the floor with toes pointing forward.
Arms	Arms straight and pointing forward.
Head	Head straight and pointing forward.
Core	Core muscles engaged and holding the body in a straight line.
Shoulders	Shoulders directly under the hips.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	100	100	100
0:10	100	100	100
0:20	100	100	100
0:30	100	100	100
0:40	100	100	100
0:50	100	100	100
1:00	100	100	100
1:10	100	100	100
1:20	100	100	100
1:30	100	100	100
1:40	100	100	100
1:50	100	100	100
2:00	100	100	100

Schedule

Day	Regular	Wide	Close
1	100	100	100
2	100	100	100
3	100	100	100
4	100	100	100
5	100	100	100
6	100	100	100
7	100	100	100
8	100	100	100
9	100	100	100
10	100	100	100
11	100	100	100
12	100	100	100
13	100	100	100
14	100	100	100
15	100	100	100
16	100	100	100
17	100	100	100
18	100	100	100
19	100	100	100
20	100	100	100
21	100	100	100
22	100	100	100
23	100	100	100
24	100	100	100

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

Physical Best (Program)



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