

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



MID



DOWN

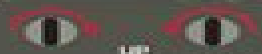
Position

Hands under your feet and in front of your shoulders. Your body should be straight as you push back to the UP position.



UP

### Wide Position



UP

Position

Hands far apart with your feet shoulder width apart. Your alignment is more like your Regular Position. Down position is 1/2 inch past straight out.



DOWN

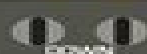
### Close Position



UP

Position

Hands close to each other with the shoulder. Body alignment is more like your Regular Position. Down is as straight back as you can get in the Close position.



DOWN

## Modified Workouts

These three workouts should be completed in 2 minutes each. Use the 30-second rule to complete the workout. If you are not comfortable with the workout, do not complete the workout. If you are not comfortable with the workout, do not complete the workout. If you are not comfortable with the workout, do not complete the workout.

### Knee Position



UP

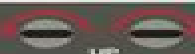
Position

Hands under your feet with your knees on the floor. Your alignment is more like your Regular Position. Down position is 1/2 inch past straight out.



DOWN

### Chair Position



UP

Position

Hands under your feet with your feet on a chair. Your alignment is more like your Regular Position. Down position is 1/2 inch past straight out.



DOWN

#### Checklist

Item	Instructions
Feet	Feet should be flat on the floor.
Arms	Arms should be straight.
Body	Body should be straight.
Core	Core should be engaged.
Neck	Neck should be straight.
Head	Head should be straight.

#### Routine - 2 Minute Drills

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

#### Schedule

Day	Regular	Wide	Close
1	1:00	1:00	1:00
2	1:00	1:00	1:00
3	1:00	1:00	1:00
4	1:00	1:00	1:00
5	1:00	1:00	1:00
6	1:00	1:00	1:00
7	1:00	1:00	1:00
8	1:00	1:00	1:00
9	1:00	1:00	1:00
10	1:00	1:00	1:00
11	1:00	1:00	1:00
12	1:00	1:00	1:00
13	1:00	1:00	1:00
14	1:00	1:00	1:00
15	1:00	1:00	1:00
16	1:00	1:00	1:00
17	1:00	1:00	1:00
18	1:00	1:00	1:00
19	1:00	1:00	1:00
20	1:00	1:00	1:00
21	1:00	1:00	1:00
22	1:00	1:00	1:00
23	1:00	1:00	1:00
24	1:00	1:00	1:00
25	1:00	1:00	1:00
26	1:00	1:00	1:00
27	1:00	1:00	1:00
28	1:00	1:00	1:00
29	1:00	1:00	1:00
30	1:00	1:00	1:00

#### Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to complete the workout. If you are not comfortable with the workout, do not complete the workout. If you are not comfortable with the workout, do not complete the workout. If you are not comfortable with the workout, do not complete the workout.

# Perfect Pushup Workout Guide

**Patricia A. Deuster, Pierre A.  
Pelletier, Anita Singh**



## **Perfect Pushup Workout Guide:**

## The Enigmatic Realm of **Perfect Pushup Workout Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Perfect Pushup Workout Guide** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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web la remise en cause du modèle industriel fordiste ne provoque pas la disparition du travail mais sa transformation laquelle induit une instabilité institutionnelle le travail salarié