

# Perfect.PUSHUP<sup>TM</sup>

## Power 10 Workout - Part 1

Perfect.  
FITNESS

### Quick Start-setup

Place 10 dumbbells flat. Stand back up, push down on dumbbells and pull your arms up until they are just below shoulder height. Dumbbells are in "upright" or "Set" Mode.

**Step 1:** Find the number closest to your Max. In the first set, use an odd number. In each subsequent set, use the number closest to the number in the previous set.

MAX	DRILL
10	3, 1
20	5, 3
30	7, 5
40	10, 8
50	12, 8

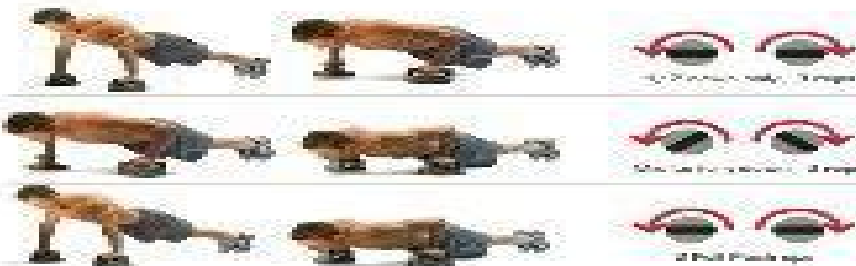
**Warning:** Don't use the 10 dumbbells for anything but the set up. The set up is not an exercise. When you are done, use the dumbbells to push down on the floor and pull your arms up until they are just below shoulder height. Dumbbells are in "upright" or "Set" Mode.

### Quick Start-schedule

Repeat the 10 dumbbell set 10 times, for 100 reps. Do 10 sets of 10 reps, for 1000 reps.

DRILL 1	DRILL 2	DRILL 3	DRILL 4	DRILL 5	DRILL 6	DRILL 7
DRILL 1	DRILL 2	DRILL 3	DRILL 4	DRILL 5	DRILL 6	DRILL 7
DRILL 8	DRILL 9	DRILL 10	DRILL 11	DRILL 12	DRILL 13	DRILL 14
DRILL 15	DRILL 16	DRILL 17	DRILL 18	DRILL 19	DRILL 20	DRILL 21

**Notes:** "Set" means "Set" - 10 dumbbells in "Set" Mode. "Drill" means "Drill" - 10 dumbbells in "Drill" Mode.



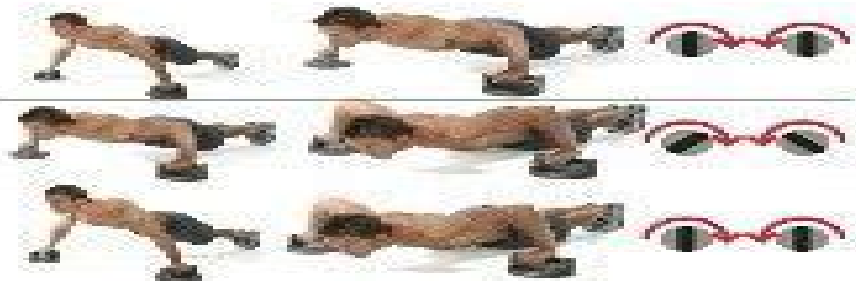
## Super Set Slow - Regular

**Muscle Focus:**  
• Chest and Triceps

### Position:

- 1/2 rep up, 1/2 rep down to all the way up
- 2 reps 1/2 down to all the way down
- 1 rep full, 1 rep full, 1 rep full
- Keep breathing steady: In the down, exhale; up, inhale

Max	Drill
10	3, 1
20	5, 3
30	7, 5
40	10, 8
50	12, 8



## Super Set Slow - Wide

**Muscle Focus:**  
• Chest and Triceps

### Position:

- 1/2 rep up, 1/2 rep down to all the way up
- 2 reps 1/2 down to all the way down
- 1 rep full, 1 rep full, 1 rep full
- Make sure elbows are pointed out

Max	Drill
10	3, 1
20	5, 3
30	7, 5
40	10, 8
50	12, 8



## Super Set Slow - Close

**Muscle Focus:**  
• Triceps

### Position:

- 1/2 rep up, 1/2 rep down to all the way up
- 2 reps 1/2 down to all the way down
- 1 rep full, 1 rep full, 1 rep full
- Make sure elbows are pointing back

Max	Drill
10	3, 1
20	5, 3
30	7, 5
40	10, 8
50	12, 8

# Perfect Push Up Workout Guide

**J Elliott**



## **Perfect Push Up Workout Guide:**

**Push Ups For Everyone** David Nordmark, 2010-04-17 Achieve Muscle Growth Strength And Endurance With Perfect Push Ups Push up workouts are one of the oldest and most effective exercise methods known to man By themselves push ups work the entire body and will help you achieve real muscle growth strength and endurance in record time The Ultimate Guide To Push Ups contains over 65 different push up variations that are suitable for the complete beginner to the advanced athlete You don t need expensive gym memberships or other gimmicks to get in superior shape The push up workouts presented in this book work the major muscle groups are free and can be done at anywhere at anytime When you read this book you will learn the following How to perform a perfect push up Build strength and endurance evenly Stimulate muscle growth 3 ways Discover a method of achieving 100 push ups in a row Improve your reaction time Every push up variation is fully demonstrated and illustrated If you want to learn how to utilize push up workouts to achieve superior health then The Ultimate Guide To Push Ups is the book for you Order this book and get started on your own road to superior health and fitness today

**NCO Guide** CSM Robert S. Rush USA (Ret.), 2010 How to train lead and counsel troops effectively plus how to move along one s career as an NCO by continuing education training and professional development Information about all the regulations NCOs need to be aware of in carrying out their jobs References to Army publications are completely converted to the new numbering system Retired Command Sergeant Major Robert S Rush s guide for the U S Army noncommissioned officer is updated and revised for 2010 Updates in the ninth edition include a revised section on leadership new information about continuing education and training available to NCOs and updated references to Army publications following the new system The guide is an excellent resource for an NCO covering training military justice promotions benefits counseling soldiers physical fitness regulations and other things every NCO needs to know

*Physical Best Activity Guide* Physical Best (Program), 2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Middle and High School Levels has been used with much success across the United States and for good reason The text contains 70 easy to use instructional activities ranging from noncompetitive to competitive and from less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all students regardless of skill level or disability and students will learn how to set realistic goals manage their activity levels and remain healthy throughout their lives In addition this text offers the following features A Combined Component Training chapter combines aerobic fitness muscular strength and endurance and flexibility into single activities A

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**Complete Calisthenics, Second Edition** Ashley Kalym, 2019-12-17 The ultimate guide to bodyweight exercises for anyone interested in taking their workouts to the next level without the use of weights machines or expensive gym memberships Complete Calisthenics is an essential guide for anyone interested in losing weight building core strength and taking their workouts to the next level Author and trainer Ashley Kalym has designed a comprehensive easy to follow guide to calisthenics using only one s own bodyweight for resistance Readers will learn how to execute a wide range of exercises such as push ups pull ups core development movements and lower body routines Also included are easy to follow instructions for the planche the front and back lever handstands handstand push ups muscle ups leg training and other key exercises Complete Calisthenics includes essential information on workout preparation simple props nutrition and an assortment of diverse training routines New to this second edition are enhanced muscle building exercises instructions for optimal rest and recovery and an assortment of original recipes Kalym also includes samples from his personal food diary With over 500 instructional photos Complete Calisthenics takes readers on a path to creating physical endurance agility and power The book is suitable for every level of athlete from beginner to experienced **7 Weeks to 100 Push-Ups** Steve

Speirs, 2024-01-02 Crank out 100 push ups Learn how to successfully boost your upper body and core strength and build muscle with the exercise program the New York Times says tests the whole body engaging muscle groups in the arms chest abdomen hips and legs If you re ready to massively increase your strength follow the 7 week program in this book and you ll soon be able to complete 100 consecutive push ups You ll also transform your fitness look great and feel even better as you

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ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude

**Power Up** Woodson Merrell, 2009-12-15 Along with Drs Oz Weil and Northrup Dr Merrell is a towering figure in integrative medicine Power Up shows us how to power up our minds bodies and spirits with this clinically proven revolutionary program Exhaustion is epidemic in our society Dr Woodson Merrell shows readers how to transform themselves from energy consumers into energy creators in just twenty one days using the six essentials of energy creation Power Mind Power Food Power Exercise Power Detox Power of Connection or Spirit and Power Rest The book

employs daily menus and recipes developed expressly for Power Up exercises and helpful charts and sidebars to show readers how incredibly easy it is to stop feeling exhausted and start feeling wonderful

**Bodyweight Strength Plan** Ava Thompson, AI, 2025-03-14 Bodyweight Strength Plan offers a comprehensive guide to achieving fitness goals through the power of bodyweight training This approach emphasizes building muscle enhancing endurance and improving flexibility without relying on expensive equipment The book highlights the effectiveness of progressive overload using calisthenics and underscores the importance of understanding biomechanics to ensure safe and efficient exercise Interestingly bodyweight training has ancient roots predating modern gym culture and can be just as effective as traditional weightlifting The book begins with fundamental movements like squats and push ups providing progressions for all fitness levels It then progresses to creating customized training plans tailored to individual goals such as muscle building or endurance by adjusting variables like sets and tempo This focus on customization sets Bodyweight Strength Plan apart empowering readers to adapt exercises to their specific needs promoting long term adherence and progress in their fitness journey

Infantry, 1991 The Esquire Guide to Bodyweight Training Adam Schersten, Chris Klimek, 2016-03-22 From the editors of Esquire magazine and top tier personal trainer Adam Schersten comes the ultimate bodyweight training guide for the modern man Drop the dumbbells Ditch the weights Get in shape and stay in shape with this strength training roster of do anywhere exercises and calisthenics programs This is the portable personal trainer for the man on the move no heavy machines or gym membership required Adam Schersten s bodyweight exercises strengthen chisel and tone for a bodyweight training workout that any man can do from the busy exec to the fitness fanatic looking for his next challenge Transform your body with 75 bodyweight exercises and over 175 detailed illustrations 3 progressive strength training programs for 4 week 8 week and 12 week terms to condition strengthen and chisel Nutritional info for getting fueled and fit from pre to post workout An intro to mobility training the prerequisite to any effective calisthenics program The program in The Esquire Guide to Bodyweight Training fits perfectly into any man s schedule for an effective full body workout

**Ab Exercises Ultimate Collection - The World's Best Abs Workout** Vincent Lucas, Kristina Daws, 2018-09-13 The World s Best Abs Workout Do you want six pack abs of steel Do you want to be ripped Do you want an amazing beach body Then you need The World s Best Abs Workout the best and easiest program designed to help you achieve those toned tight stomach muscles you want Follow Our Program and Your Results Are Guaranteed If you follow this program you are guaranteed to achieve the six pack you dream of In almost no time Inside this book you will find a no nonsense straight forward approach to achieving the abs and core strength you want We explain simply and easily the only 15 stomach exercises you need as well as including a comprehensive 8 week exercise program that will get you started as a beginner and take you right through to the advanced level to when you are a tight and toned Complete Comprehensive Diagrams and Program Every exercise contains diagrams and simple to follow explanations to ensure you follow the correct form The book also contains an introduction that includes information on the importance of

core muscles tips for motivation during an exercise regime as well as simple no nonsense explanations on how to ensure your exercise leads to muscle growth Get It Now What are you waiting for If you want to guarantee that you achieve those abs you want then get the best abs exercise book you can get Get this book now **4 Steps to Burn Belly Fat: Your Step-by-Step Guide to Get Rid of Belly Fat Forever** Dorian Carter,2024-02-16 4 Steps to Burn Belly Fat Your Step by Step Guide to Get Rid of Belly Fat Forever The primary goal of this book is to deliver the most important information on fat loss To avoid unnecessary complexity I have gathered the most important information you need to effectively lose fat and condensed them into just four specific steps These steps will help you start the fat loss plan and finally improve your body composition If you are a beginner don t worry everything in this book is explained in an understandable way What you ll learn Why is fat loss much healthier than weight loss What s the difference between weight loss and fat loss The role of physical activity in burning belly fat Why is resistance training better than cardio The most effective exercises for fat loss How to choose the right exercises The best training plan designed for fat loss How long should you rest between exercises to reduce belly fat How to create a calorie deficit without sacrifice The essential tips to maintain good habits Grab your copy right now

*Comprehensive Weight Loss Program* Katherine Mansfield,2016-02-28 The author presents a comprehensive and unique program to reduce your weight overnight Men's Health Best: Turn Fat Into Muscle Joe Kita,2005-10-07 A helpful exercise manual introduces a comprehensive program designed to help men lose weight build muscle burn fat control cholesterol and keep the body working properly Original 15 000 first printing *Physical Education for Lifelong Fitness* Physical Best (Program),Suzan F. Smith-Ayers,2011 Physical Education for Lifelong Fitness The Physical Best Teacher s Guide presents strategies to incorporate health related fitness and activity into PE programs Teachers learn to develop a curriculum based on current national standards and guidelines apply fitness concepts in real world settings and motivate students to live healthy active lives



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