

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. Forearm straight, elbow straight.



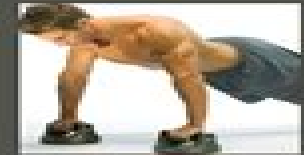
MID



DOWN

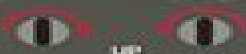
Position

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

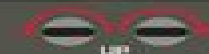
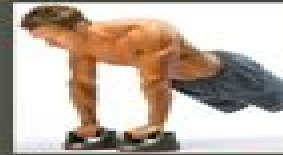
Position

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



DOWN

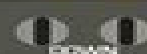
Close Position



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.

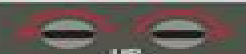


DOWN

Modified Workouts

These three workouts should be completed in 2 minutes each.
Use the 30-second rule to determine the timing of your workout.
If you are not confident the 30-second rule is enough, you can perform these from the upright position. If the routine is too easy, add more pushups.

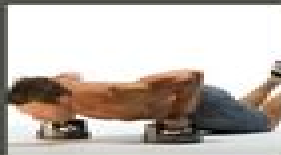
Knee Position



UP

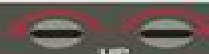
Position

Feet together, knees bent, arms extended.
Regular Position down.



DOWN

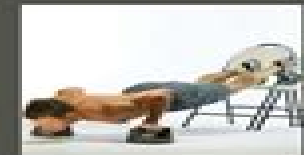
Chair Position



UP

Position

Use a chair, bench, or stool.
Feet together, knees bent, arms extended.
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 over arms, arms extended, legs
Core	Core engaged, back straight
Feet	Feet together, toes tucked
Down	Down position - Elbow points straight out
Up	Up position - Elbow points straight out

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. 10, 10, 10	1. 10, 10, 10	1. 10, 10, 10
0:10	2. 10, 10, 10	2. 10, 10, 10	2. 10, 10, 10
0:20	3. 10, 10, 10	3. 10, 10, 10	3. 10, 10, 10
0:30	4. 10, 10, 10	4. 10, 10, 10	4. 10, 10, 10
0:40	5. 10, 10, 10	5. 10, 10, 10	5. 10, 10, 10
0:50	6. 10, 10, 10	6. 10, 10, 10	6. 10, 10, 10

Schedule

Day	1st Regular	2nd Regular	3rd Regular	4th Regular
1st	1. 10, 10, 10	1. 10, 10, 10	1. 10, 10, 10	1. 10, 10, 10
2nd	2. 10, 10, 10	2. 10, 10, 10	2. 10, 10, 10	2. 10, 10, 10
3rd	3. 10, 10, 10	3. 10, 10, 10	3. 10, 10, 10	3. 10, 10, 10
4th	4. 10, 10, 10	4. 10, 10, 10	4. 10, 10, 10	4. 10, 10, 10
5th	5. 10, 10, 10	5. 10, 10, 10	5. 10, 10, 10	5. 10, 10, 10
6th	6. 10, 10, 10	6. 10, 10, 10	6. 10, 10, 10	6. 10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the timing of your workout. If you are not confident the 30-second rule is enough, you can perform these from the upright position. If the routine is too easy, add more pushups.

Perfect Push Up Manual

JG Myers

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Perfect Push Up Manual:

Technical Manual United States. War Department, 1943 **Doc Frog's Physical Training Manual** David Rutherford, 2014-02-22 In his first Froglogic Field Manual for Kids Doc Frog's Physical Training Manual Navy SEAL PT For Kids Navy SEAL motivational speaker David Rutherford introduces Special Operations Hero Doc Frog With professional comic book quality illustrations demonstrating step by step instructions Doc Frog's Recruits are challenged to incorporate physical training good nutrition and a positive motivational mindset as an integral part of their everyday lives David and Doc Frog's mission is to sharpen kids physical and mental focus and emphasize the importance of living a Team Life **Linotype Manual** Various, 2022-06-02 The Linotype Manual serves as an essential guide to the operational intricacies and maintenance of the linotype machine a revolutionary technology that transformed the world of typesetting in the late 19th and early 20th centuries Artfully written in a clear and instructional tone this manual blends technical precision with historical context providing insights into the evolution of printing and the artistic craftsmanship involved in typesetting Each chapter meticulously explores the machine's components techniques for effective operation and troubleshooting strategies all while reflecting the era's burgeoning industrial ethos that merged artistry with mechanization Authored by a collective of skilled practitioners and engineers who dedicated their lives to the linotype craft the Linotype Manual emerges from a context where typesetting was not merely a job but a revered trade These authors emerging from the golden age of print draw upon their extensive firsthand experience ensuring that their expertise resonates throughout the text Their collaborations reveal a deep respect for the machinery that changed the landscape of publishing underpinned by a commitment to preserving this vital knowledge for future generations For historians typographers and enthusiasts of print culture the Linotype Manual is an invaluable resource that transcends its technical purpose It serves as a testament to the craftsmanship behind the written word and invites readers to appreciate the artistry embedded in each letter cast by the linotype Engage with this work to not only understand a crucial chapter in the history of printing but also to reignite your passion for the tactile and visual beauty of typography **Soldier Support Journal** , 1983 Pilot Instruction Manual United States. Civil Aeronautics Administration, 1958 *The gunsmith's manual* J. Parish Stelle, Wm. B. Harrison, 2025-03-02 In The Gunsmith's Manual readers are invited into the meticulous craft of gunsmithing exploring themes of precision innovation and tradition This anthology captures the art of firearms craftsmanship across a spectrum of styles and techniques offering a comprehensive understanding of both historical and contemporary practices The diverse range of works included highlights key methods in gunsmithing detailing intricacies from metalwork to design all curated to appeal to enthusiasts and novices alike It stands as a testament to the enduring legacy and evolving nature of this skilled trade promising insight into masterpieces of mechanical engineering without elevating any singular piece above another but rather as a collective marvel of the discipline Contributors J Parish Stelle and Wm B Harrison bring a wealth of expertise and historical awareness to this

collection bridging the gap between time honored traditions and modern innovations Their collective experience provides readers with a nuanced exploration of gunsmithing s cultural significance Rooted in rich historical contexts the anthology aligns with movements of industrial craftsmanship and mechanical artistry offering a broader cultural appreciation of the gunsmith s role The voices within this volume collectively create a tapestry of insights that illuminate the multifaceted nature of their craft Gunsmith s Manual presents an invaluable opportunity for readers to immerse themselves in the intricate world of firearms craftsmanship With its array of perspectives and detailed expositions this volume is not merely a collection of technical insights but a dialogue between the art and science of gunsmithing It is recommended for those seeking educational enrichment and a deeper understanding of the field offering insights that transcend the mere technicalities to enrich the reader s appreciation for the sophistication and skill that define this timeless craft

Outdoor Life: Ultimate Bushcraft Survival Manual Tim MacWelch, 2021-06-29 Beyond Survival Have you ever wondered whether you could survive in the wild with nothing but a knife and the clothes on your back This book will tell you how but that s only the beginning In this practical hands on guide survival expert Tim MacWelch shows you how to build fires make shelter find food craft tools and more using little or no modern technology Traditional Wisdom The skills in this book have been used for thousands of years by people all around the globe That s how we know they work Live off the Land Learn how to carve a snow cave build a mud oven disinfect water keep tarantulas out of your hammock and hundreds of other bushcraft essentials For over 110 years Outdoor Life magazine has brought the best in hunting fishing and wilderness survival expertise to millions of avid sportsmen and nature enthusiasts as well as expanding their coverage to include insider tips on urban survival and disaster preparedness This book reflects the best of both in one indispensable package Book jacket

Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test 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 The Quick & Easy Home DIY Manual: 324 Tips Matt Weber,2020-11-03 Extreme How To the enthusiast s guide to home improvement Cover

The Child Welfare Manual ,1915 *CAA Technical Manual* United States. Civil Aeronautics Administration,1958

Fundamental Weight Training David Sandler,2010 Learn the basics safely effectively and in less time Over 100 exercises with photo demonstrations are included and supported with step by step descriptions for use in the gym or at home Every aspect of a beginning weight program is covered including exercises and programs to target key areas in each muscle group stretching routines to prevent injuries steps and tips for developing your own program gym language and lingo so you fell at ease walking into any gym Provided by the publisher **NIKON Z8 USER GUIDE** Awoyinfa Samuel Damilola, Nikon Z8 User Guide A Comprehensive Guide to Buttons Dials Settings Modes and Shooting Tips for Beginners and Beyond This comprehensive guide is the ultimate resource for anyone looking to master the powerful new Nikon Z8 mirrorless camera Whether you are a beginner or an experienced photographer this book will walk you through every button dial setting and mode on the Z8 with clear explanations and expert tips The book starts with an overview of the Z8 s key features and design

ensuring you understand the camera's capabilities right out of the box. It then dives deep into the menu system explaining each setting in plain language and providing recommendations on optimal configurations for different shooting scenarios. You'll learn how to navigate the various shooting modes from fully automatic to full manual and when to use each. The guide covers advanced topics like autofocus metering, white balance, and image processing as well. Packed with beautiful full-color illustrations, it shows you exactly where to find and adjust every setting. Perhaps most valuable are the shooting tips and techniques from the author, a seasoned pro. You'll discover insider tricks for getting tack-sharp images capturing stunning landscapes and portraits, shooting in low light, filming video, and much more. The book is designed to be a constant reference, allowing you to quickly find answers to your questions as you progress. With its comprehensive coverage and beginner-friendly writing style, this is the must-have companion for anyone looking to get the most out of their Nikon Z8.

Manual of Free-hand Penmanship Alvin R. Dunton, B. Harrison, J. W. C. Gilman, Silas Sadler Packard, John D. Williams, 1877

Flight Instruction Manual United States. Civil Aeronautics Administration, 1951

Summer Manual, 1961

Daniels and Worthingham's Muscle Testing - E-Book Dale Avers, Donovan J. Lott, Marybeth Brown, 2024-02-06

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Technical Manual United States Department of the Army,1972

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web writers use many kinds of persuasive techniques to try to convince their readers these are sometimes called rhetorical devices the main rhetorical devices are described below

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