

Perfect.PUSHUPTM

Power 10 Workout - Part 1

Perfect.
FITNESS

Quick Start-setup

Place 10 dumbbells flat. Then rest Pushup position on one side of the dumbbells with one arm on a dumbbell. Then rest with other hand on a dumbbell. If you are right handed, rest on the right side.

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

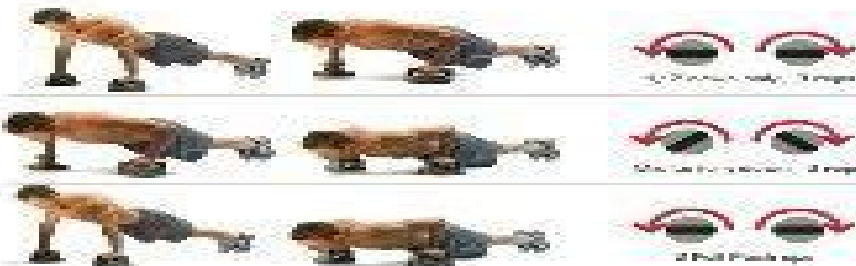
Warning: Don't use the dumbbells as a support for your arms. The dumbbells should only be used as a guide. They are not meant to be used as a support. If you are using the dumbbells as a support, you may injure your arms or back. Use the dumbbells as a guide only. Do not use them as a support.

Quick Start-schedule

Place 10 dumbbells flat. Then rest Pushup position on one side of the dumbbells with one arm on a dumbbell. Then rest with other hand on a dumbbell. If you are right handed, rest on the right side.

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: Drill 1 is the first set. Drill 2 is the second set. Drill 3 is the third set. Drill 4 is the fourth set. Drill 5 is the fifth set. Drill 6 is the sixth set. Drill 7 is the seventh set. Drill 8 is the eighth set. Drill 9 is the ninth set. Drill 10 is the tenth set. Drill 11 is the eleventh set. Drill 12 is the twelfth set. Drill 13 is the thirteenth set. Drill 14 is the fourteenth set. Drill 15 is the fifteenth set. Drill 16 is the sixteenth set. Drill 17 is the seventeenth set. Drill 18 is the eighteenth set. Drill 19 is the nineteenth set. Drill 20 is the twentieth set. Drill 21 is the twenty-first set.



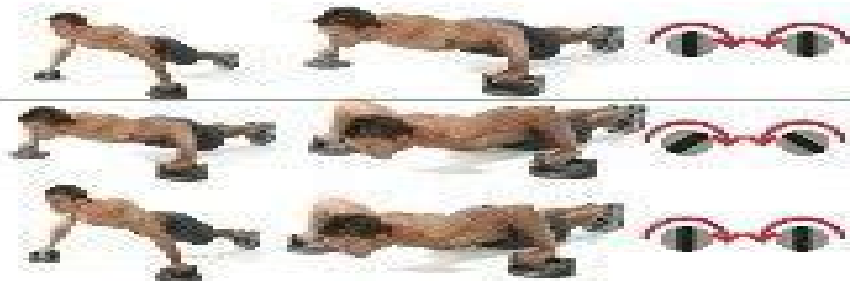
Super Set Slow - Regular

Muscle Focus:
• Chest and Triceps

Procedure:

- 1st rep: 1/2 way down to all the way up
- 2nd rep: 1/2 down to all the way down
- 3rd rep: full range of motion
- Keep breathing steady: In the down, exhale up

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

Procedure:

- 1st rep: 1/2 way down to all the way up
- 2nd rep: 1/2 down to all the way down
- 3rd rep: full range of motion
- 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

Procedure:

- 1st rep: 1/2 way down to all the way up
- 2nd rep: 1/2 down to all the way down
- 3rd rep: full range of motion
- 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

Shasha Hu

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

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