

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



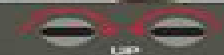
MID



DOWN

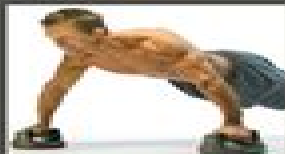
Position

Shoulder, elbow and hip are all in a straight line. Your body should be straight. Your feet should be flat on the floor.



UP

Wide Position



UP

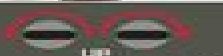
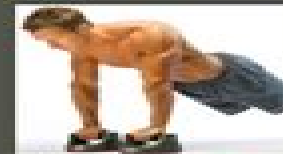
Position

Hands are far apart, wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

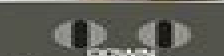
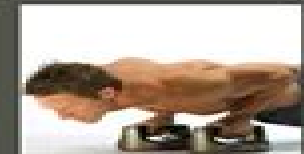
Close Position



UP

Position

Hands are close together, closer than your shoulders with your feet flat on the floor. Your body should be straight.

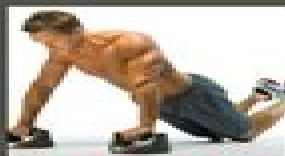


DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use the 100 pushup 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.

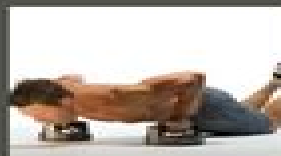
Knee Position



UP

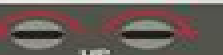
Position

Hands are far apart, wider than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

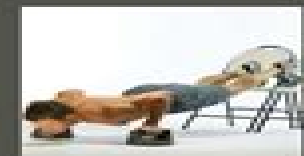
Chair Position



UP

Position

Hands are close together, closer than your shoulders with your feet flat on the floor. Your body should be straight.



DOWN

Checklist

Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight down
Elbows	Elbows straight down
Core	Core engaged
Body	Body straight
Feet	Feet flat on the floor
Head	Head in line with spine
Arms	Arms straight down
Elbows	Elbows straight down
Core	Core engaged
Body	Body straight

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 pushup 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

Bud Wilkinson

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.

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