

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 flat on the ground.
Head neutral. Neck straight, spine straight.



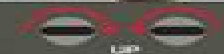
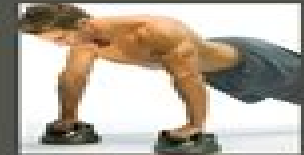
MID



DOWN

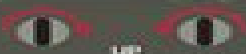
Position

Shoulder, elbow and hip all in one straight line.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



UP

Wide Position



UP

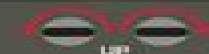
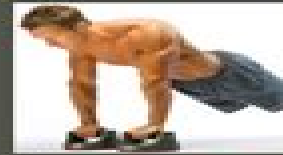
Position

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



DOWN

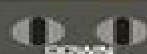
Close Position



UP

Position

Hands close to the body, within the shoulder.
Body alignment - same as Regular Position.
Down position - Elbow points straight out.

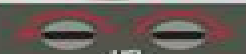
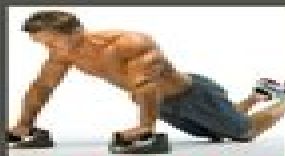


DOWN

Modified Workouts

These workout routines are not to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout. If you are not able to complete the routine, do not worry. The routine is not to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout. If you are not able to complete the routine, do not worry. The routine is not to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout.

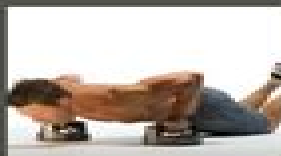
Knee Position



UP

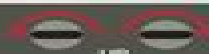
Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



DOWN

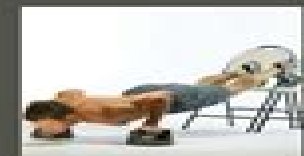
Chair Position



UP

Position

Hands slightly wider than shoulder width apart.
Feet flat on the ground.
Head neutral. Neck straight, spine straight.



DOWN

Checklist

Item	Instructions
Feet	Feet flat on the ground.
Head	Head neutral. Neck straight, spine straight.
Arms	Arms straight, no bending at the elbow.
Core	Core engaged, no sagging in the lower back.
Feet	Feet flat on the ground.
Head	Head neutral. Neck straight, spine straight.
Arms	Arms straight, no bending at the elbow.
Core	Core engaged, no sagging in the lower back.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	1. Regular	1. Wide	1. Close
0:15	2. Regular	2. Wide	2. Close
0:30	3. Regular	3. Wide	3. Close
0:45	4. Regular	4. Wide	4. Close
1:00	5. Regular	5. Wide	5. Close
1:15	6. Regular	6. Wide	6. Close
1:30	7. Regular	7. Wide	7. Close
1:45	8. Regular	8. Wide	8. Close
2:00	9. Regular	9. Wide	9. Close

Schedule

Day	Regular	Wide	Close
1	1. Regular	1. Wide	1. Close
2	2. Regular	2. Wide	2. Close
3	3. Regular	3. Wide	3. Close
4	4. Regular	4. Wide	4. Close
5	5. Regular	5. Wide	5. Close
6	6. Regular	6. Wide	6. Close
7	7. Regular	7. Wide	7. Close
8	8. Regular	8. Wide	8. Close
9	9. Regular	9. Wide	9. Close

Customize

These workouts are designed to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout. If you are not able to complete the routine, do not worry. The routine is not to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout. If you are not able to complete the routine, do not worry. The routine is not to be completed in 2 minutes, per se. Use the 2 minute routine as a guide to the intensity of your workout.

Perfect Pushup Manual

William Scott



Perfect Pushup Manual:

Perfect Pushup Manual Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Perfect Pushup Manual**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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