

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.



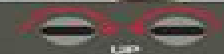
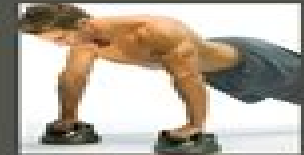
MID



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

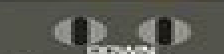
Close Position



UP

Position

Hands close to each other, within the shoulder.
Body alignment - same as Regular Position.
Down go as straight 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 number of reps.
If you are not confident the number, do not decrease the number of reps.
If you are not confident the number, do not decrease the number of reps.
If you are not confident the number, do not decrease the number of reps.

Knee Position



UP

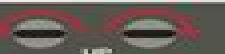
Position

Feet together & toes tucked under.
Head neutral as you move back to the Regular Position (down).



DOWN

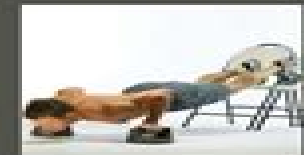
Chair Position



UP

Position

Use a chair, bench, or stool.
Feet together & toes tucked under.
Head neutral as you move back to the Regular Position (down).



DOWN

Checklist

Head	Neutral position - eyes to the front
Neck	Straight - no head tilt
Shoulder	Shoulder, elbow and hip all in one straight line
Elbow	Elbow straight, no bend
Wrist	Wrist straight, no bend
Feet	Feet together & toes tucked under
Head	Head neutral as you move back to the Regular Position (down)

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10	10, 10, 10	10, 10, 10
0:10	10, 10, 10	10, 10, 10	10, 10, 10
0:20	10, 10, 10	10, 10, 10	10, 10, 10
0:30	10, 10, 10	10, 10, 10	10, 10, 10
0:40	10, 10, 10	10, 10, 10	10, 10, 10
0:50	10, 10, 10	10, 10, 10	10, 10, 10
1:00	10, 10, 10	10, 10, 10	10, 10, 10

Schedule

Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	10, 10, 10	10, 10, 10	10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes each. Use the 30-second rule to determine the number of reps. If you are not confident the number, do not decrease the number of reps. If you are not confident the number, do not decrease the number of reps. If you are not confident the number, do not decrease the number of reps.

Perfect Pushup Workout Guide

AN Whitehead



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