

PERFECT • PUSHUP™

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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. Tailored to the needs of fitness enthusiasts of all ages and fitness challenges, we have created a workout that is both fun and effective.

Regular Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder-width apart. Feet should be flat on the ground.



MID



DOWN

Position

Hands should be a little wider than your feet. Feet should be shoulder-width apart. Feet should be flat on the ground.



UP

Wide Position



UP

Position

Hands should be wider than your feet. Feet should be shoulder-width apart. Feet should be flat on the ground.



DOWN

Close Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder-width apart. Feet should be flat on the ground.



DOWN

Modified Workouts

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or modify them to suit your needs. If you are unable to complete a workout, you can always start with a modified version.

Knee Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder-width apart. Feet should be flat on the ground.



DOWN

Chair Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder-width apart. Feet should be flat on the ground.



DOWN

Checklist

<input type="checkbox"/>	Hand	Hands should be a little wider than your feet.
<input type="checkbox"/>	Feet	Feet should be shoulder-width apart.
<input type="checkbox"/>	Core	Core should be engaged throughout the workout.
<input type="checkbox"/>	Form	Form should be maintained throughout the workout.
<input type="checkbox"/>	Time	Workout should be completed in 20 minutes.
<input type="checkbox"/>	Equipment	Equipment should be used throughout the workout.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
00	00, 00, 00	00, 00, 00	00, 00, 00
01	01, 01, 01	01, 01, 01	01, 01, 01
02	02, 02, 02	02, 02, 02	02, 02, 02
03	03, 03, 03	03, 03, 03	03, 03, 03
04	04, 04, 04	04, 04, 04	04, 04, 04
05	05, 05, 05	05, 05, 05	05, 05, 05
06	06, 06, 06	06, 06, 06	06, 06, 06
07	07, 07, 07	07, 07, 07	07, 07, 07
08	08, 08, 08	08, 08, 08	08, 08, 08
09	09, 09, 09	09, 09, 09	09, 09, 09
10	10, 10, 10	10, 10, 10	10, 10, 10
11	11, 11, 11	11, 11, 11	11, 11, 11
12	12, 12, 12	12, 12, 12	12, 12, 12
13	13, 13, 13	13, 13, 13	13, 13, 13
14	14, 14, 14	14, 14, 14	14, 14, 14
15	15, 15, 15	15, 15, 15	15, 15, 15
16	16, 16, 16	16, 16, 16	16, 16, 16
17	17, 17, 17	17, 17, 17	17, 17, 17
18	18, 18, 18	18, 18, 18	18, 18, 18
19	19, 19, 19	19, 19, 19	19, 19, 19
20	20, 20, 20	20, 20, 20	20, 20, 20

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
10	10 Regular	10 Wide	10 Close
11	11 Regular	11 Wide	11 Close
12	12 Regular	12 Wide	12 Close
13	13 Regular	13 Wide	13 Close
14	14 Regular	14 Wide	14 Close
15	15 Regular	15 Wide	15 Close
16	16 Regular	16 Wide	16 Close
17	17 Regular	17 Wide	17 Close
18	18 Regular	18 Wide	18 Close
19	19 Regular	19 Wide	19 Close
20	20 Regular	20 Wide	20 Close

Customize

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or modify them to suit your needs. If you are unable to complete a workout, you can always start with a modified version.

Perfect Pushup Workout Chart Pdf

Michael Seilmaier



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