

# 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 overall appearance of the head of fitness you are on. Tailored to the needs of fitness enthusiasts of all ages and fitness challenging athletes. This is the best workout.

### Regular Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be a little wider than your feet.



MID



DOWN

Position

Head, neck, and feet in the same position. Feet should be a little wider than your feet. Feet should be a little wider than your feet.



UP

### Wide Position



UP

Position

Hands are far apart and feet are shoulder width apart. Feet should be a little wider than your feet. Feet should be a little wider than your feet.



DOWN



UP

Position

Head, neck, and feet in the same position. Feet should be a little wider than your feet. Feet should be a little wider than your feet.



DOWN

## Modified Workouts

These workouts are designed to be completed in 2 minutes per day.

Use these workouts as a warm-up or as a main workout.

If you are new to fitness, start with the regular pushup. If you are a fitness enthusiast, try the modified pushup.

### Knee Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be a little wider than your feet.



DOWN



UP

Position

Head, neck, and feet in the same position. Feet should be a little wider than your feet. Feet should be a little wider than your feet.



DOWN

### Chair Position

#### Checklist

Hand	Should be a little wider than your feet.
Feet	Should be shoulder width apart.
Head	Should be in the same position as your feet.
Neck	Should be in the same position as your feet.
Body	Should be a straight line from head to feet.
Core	Should be engaged throughout the workout.
Breathing	Should be in and out through the nose.

#### 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
1:10	10, 10, 10	10, 10, 10	10, 10, 10
1:20	10, 10, 10	10, 10, 10	10, 10, 10
1:30	10, 10, 10	10, 10, 10	10, 10, 10
1:40	10, 10, 10	10, 10, 10	10, 10, 10
1:50	10, 10, 10	10, 10, 10	10, 10, 10
2:00	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
8	10, 10, 10	10, 10, 10	10, 10, 10
9	10, 10, 10	10, 10, 10	10, 10, 10
10	10, 10, 10	10, 10, 10	10, 10, 10
11	10, 10, 10	10, 10, 10	10, 10, 10
12	10, 10, 10	10, 10, 10	10, 10, 10
13	10, 10, 10	10, 10, 10	10, 10, 10
14	10, 10, 10	10, 10, 10	10, 10, 10
15	10, 10, 10	10, 10, 10	10, 10, 10
16	10, 10, 10	10, 10, 10	10, 10, 10
17	10, 10, 10	10, 10, 10	10, 10, 10
18	10, 10, 10	10, 10, 10	10, 10, 10
19	10, 10, 10	10, 10, 10	10, 10, 10
20	10, 10, 10	10, 10, 10	10, 10, 10

#### Customize

These workouts are designed to be completed in 2 minutes per day. Use these workouts as a warm-up or as a main workout. If you are new to fitness, start with the regular pushup. If you are a fitness enthusiast, try the modified pushup.

# Perfect Pushup Workout Chart Pdf

**Anthony S. Fauci**



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