

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 front of your core and upper body. Tailored to the needs of fitness enthusiasts of all ages and fitness challenging workout styles, the Perfect Pushup is

Regular Position



UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight.



MID



DOWN

Position

Hands should be close together. Feet should be hip-width apart. Core should be tight. Body should be straight.



UP

Wide Position



UP

Position

Hands should be far apart. Feet should be hip-width apart. Core should be tight. Body should be straight. Pushups should be done in a regular position.

Down position: 1. Elbow points straight out.



DOWN

Close Position



UP

Position

Hands should be very close together. Feet should be hip-width apart. Core should be tight. Body should be straight. Pushups should be done in a regular position.

Down go straight back as you return to the Chair position.



DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per

day. They can be done at home or in a gym. They are designed to be done

at least 3 times per week. If you are unable to do the workouts, you can do a modified version of the workouts.

Knee Position



UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight.



DOWN

Chair Position



UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight.



DOWN

Checklist

Hand	Should be shoulder-width apart.
Feet	Should be hip-width apart.
Core	Should be tight.
Body	Should be straight.
Pushups	Should be done in a regular position.
Down	Go straight back as you return to the Chair position.
Modified	These workouts are designed to be completed in 2 minutes per day. They can be done at home or in a gym. They are designed to be done at least 3 times per week. If you are unable to do the workouts, you can do a modified version of the workouts.

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 per day. They can be done at home or in a gym. They are designed to be done at least 3 times per week. If you are unable to do the workouts, you can do a modified version of the workouts.

Perfect Pushup Workout Chart Pdf

Clemens Wendtner



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