

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. 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 hip-width apart. Feet should be flat on the ground.



MID



DOWN

Position

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



UP

Wide Position



UP

Position

Hands should be wider than your feet. Feet should be hip-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 hip-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 the number of reps to fit your fitness level. If you are unable to complete the workout, you can always use the Regular Position as a modification.

Knee Position



UP

Position

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

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
Monday	10, 10, 10	10, 10, 10	10, 10, 10
Tuesday	10, 10, 10	10, 10, 10	10, 10, 10
Wednesday	10, 10, 10	10, 10, 10	10, 10, 10
Thursday	10, 10, 10	10, 10, 10	10, 10, 10
Friday	10, 10, 10	10, 10, 10	10, 10, 10
Saturday	10, 10, 10	10, 10, 10	10, 10, 10
Sunday	10, 10, 10	10, 10, 10	10, 10, 10

Customize

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or modify the number of reps to fit your fitness level. If you are unable to complete the workout, you can always use the Regular Position as a modification.

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Jianjun Gao



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