

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, we have you covered.

Regular Position



UP

Position

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



MID



DOWN

Position

Shoulder should be over the hand position. Head should be over the feet position.



UP

Wide Position



UP

Position

Hands are far apart and the feet are shoulder width apart. Body alignment is more like a dog in regular position. Down position is 1/2 inch past straight out.



DOWN

Close Position



UP

Position

Hands should be in line with the shoulder. Body alignment is more like a dog in regular position. Down go straight back as you raise hand in the close position.



DOWN

Modified Workouts

These three variations are not meant to be completed in a row, but can be done in any order. Use these variations to increase or decrease the difficulty of your workout. If you are unable to perform any of the variations, you can use the regular position as a substitute for the original position. If you are unable to do any, use the other position.

Knee Position



UP

Position

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



DOWN

Chair Position



UP

Position

Hands should be in line with the shoulder. Body alignment is more like a dog in regular position. Down go straight back as you raise hand in the chair position.



DOWN

Checklist

<input type="checkbox"/>	Hand	Should be a little wider than your feet.
<input type="checkbox"/>	Feet	Should be shoulder width apart.
<input type="checkbox"/>	Body	Should be a straight line.
<input type="checkbox"/>	Head	Should be over the feet position.
<input type="checkbox"/>	Shoulder	Should be over the hand position.
<input type="checkbox"/>	Down	Go straight back as you raise hand in the close position.
<input type="checkbox"/>	Up	Go straight up as you lower hand in the close position.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	25, 10, 5	25, 10, 5	25, 10, 5
0:15	20, 10, 5	20, 10, 5	20, 10, 5
0:30	15, 10, 5	15, 10, 5	15, 10, 5
0:45	10, 10, 5	10, 10, 5	10, 10, 5
1:00	5, 10, 5	5, 10, 5	5, 10, 5
1:15	5, 10, 5	5, 10, 5	5, 10, 5
1:30	5, 10, 5	5, 10, 5	5, 10, 5
1:45	5, 10, 5	5, 10, 5	5, 10, 5
2:00	5, 10, 5	5, 10, 5	5, 10, 5

Schedule

Day	Regular	Wide	Close
Monday	1 Set	1 Set	1 Set
Tuesday	1 Set	1 Set	1 Set
Wednesday	1 Set	1 Set	1 Set
Thursday	1 Set	1 Set	1 Set
Friday	1 Set	1 Set	1 Set
Saturday	1 Set	1 Set	1 Set
Sunday	1 Set	1 Set	1 Set

Customize

These workouts are designed to be completed in a row, but can be done in any order. Use these variations to increase or decrease the difficulty of your workout. If you are unable to perform any of the variations, you can use the regular position as a substitute for the original position. If you are unable to do any, use the other position.

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