

# 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 spaced about shoulder width apart. Feet should be spaced about hip width apart.



MID



DOWN

Position

Hands should be close together in the center position. Body alignment is the same as in the regular position.



UP

### Wide Position



UP

Position

Hands are far apart with the outer shoulder width apart. Body alignment is the same as in the regular position.

Down position: 1. Elbow joint straight out



DOWN

### Close Position



UP

Position

Hands should be close together in the center position. Body alignment is the same as in the regular position.

Down go straight back as you raise yourself in the close position.



DOWN

## Modified Workouts

These three variations of the pushup can be completed in 2 minutes per set.

Use these variations for recovery or to decrease the difficulty of your workout.

If you are unable to complete the regular pushup, try one of these variations. If you are unable to complete the regular pushup, try one of these variations.

### Knee Position



UP

Position

Hands should be spaced about shoulder width apart. Feet should be spaced about hip width apart.



DOWN

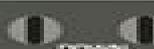
### Chair Position



UP

Position

Hands should be spaced about shoulder width apart. Feet should be spaced about hip width apart.



DOWN

#### Checklist

<input type="checkbox"/>	Hand	Should be spaced about shoulder width apart.
<input type="checkbox"/>	Feet	Should be spaced about hip width apart.
<input type="checkbox"/>	Core	Should be engaged throughout the entire workout.
<input type="checkbox"/>	Posture	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Alignment	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Control	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Stability	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Balance	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Coordination	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Agility	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Speed	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Strength	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Endurance	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Flexibility	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Balance	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Coordination	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Agility	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Speed	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Strength	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Endurance	Should be maintained throughout the entire workout.
<input type="checkbox"/>	Flexibility	Should be maintained throughout the entire workout.

#### 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
1	10	10	10
2	10	10	10
3	10	10	10
4	10	10	10
5	10	10	10
6	10	10	10
7	10	10	10
8	10	10	10
9	10	10	10
10	10	10	10
11	10	10	10
12	10	10	10
13	10	10	10
14	10	10	10
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20	10	10	10
21	10	10	10
22	10	10	10
23	10	10	10
24	10	10	10
25	10	10	10
26	10	10	10
27	10	10	10
28	10	10	10
29	10	10	10
30	10	10	10

#### Customize

These workouts are designed to be completed in 2 minutes per set. Use these variations for recovery or to decrease the difficulty of your workout. If you are unable to complete the regular pushup, try one of these variations. If you are unable to complete the regular pushup, try one of these variations.

# Perfect Pushup Workout Chart

**E Durkheim**



## **Perfect Pushup Workout Chart :**

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