

PERFECT • PUSHUP™

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



MID



DOWN

Position

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



UP

Wide Position



UP

Position

Hands should be wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN



UP

Position

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



DOWN

Close Position

Modified Workouts

These modified workouts are designed to be completed in 2 minutes per set. Use these modified workouts as an alternative to the regular pushup if you are unable to perform the regular pushup. If you are unable to perform the regular pushup, you can modify the workout to suit your needs.

Knee Position



UP

Position

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



DOWN



UP

Position

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



DOWN

Chair Position

Checklist

Hand	Should be a little wider than your feet.
Feet	Should be shoulder width apart.
Arms	Should be straight and parallel to the ground.
Core	Should be tight and engaged throughout the workout.
Head	Should be over the feet position.
Shoulder	Should be over the hand position.
Neck	Should be in line with the spine.
Back	Should be straight and parallel to the ground.
Legs	Should be straight and parallel to the ground.
Feet	Should be flat on the ground.

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 2 minutes per set. Use these modified workouts as an alternative to the regular pushup if you are unable to perform the regular pushup. If you are unable to perform the regular pushup, you can modify the workout to suit your needs.

Perfect Pushup Workout Chart

Sandra Rosenzweig



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Functional Training for Athletes at All Levels James C. Radcliffe, James Radcliffe, 2007-01-16 FUNCTIONAL TRAINING IS THE FASTEST MOST EFFECTIVE WAY TO GET AHEAD OF THE COMPETITION Push your muscle development and athletic abilities to incredible new heights with Functional Training for Athletes of All Levels Functional training conditions your body to respond to the strenuous demands of athletic competition This method goes far beyond standard isolation movements done sitting down that simply increase muscular bulk Functional training coordinates your muscles to work together to produce explosive power tightrope walker balance and cat like agility With over 100 exercises illustrated with step by step photos and 20 sport specific workouts Functional Training for Athletes at All Levels will help you acquire the athletic movement skills necessary to maximize your performance in any sport Develop a rock solid core for supreme stability Strengthen your trunk for explosive power Sharpen fast twitch muscles for lightning quick responses Coordinate your muscles for full body control Enhance your stabilizers for quick agile movement Functional Training for Athletes at All Levels customized sport specific workouts for Baseball Basketball Bicycling Football Golf Gymnastics Hockey Lacrosse Rugby Skiing Soccer Softball Swimming Tennis Track Field Volleyball Wrestling

Physical Best Activity Guide Physical Best (Program), 2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Middle and High School Levels has been used with much success across the United States and for good reason The text contains 70 easy to use instructional activities ranging from noncompetitive to competitive and from less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all students regardless of skill level or disability and students will learn how to set realistic goals manage their activity levels and remain healthy throughout their lives In addition this text offers the following features A Combined Component Training chapter combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events Physical Best Activity Guide Middle and High School Levels developed by the National Association for Sport and Physical Education can stand alone or be used in conjunction with Physical Education for Lifelong Fitness The Physical Best Teacher's Guide Third Edition and Physical Best Activity Guide Elementary Level Third Edition It can also be used with Fitnessgram Activitygram an activity assessment and computerized reporting system and the Fitness for Life

resources for middle school and high school Fitness for Life is a comprehensive program promoting lifetime health related fitness

Full Circle Fitness Rebecca Eastman, Patricia Ryan, 1990 All the benefits of a personal trainer are available in this book without the high price The latest discoveries in sports medicine and exercise physiology are explained to give the reader a safe reliable and gradual workout 127 line drawings 12 photographs

Concepts of Physical Fitness Charles B. Corbin, 2006 Through the use of activity labs and logs Concepts of Physical Fitness provides readers with the self management skills necessary to adopt a healthy lifestyle

Getting in Shape God's Way Ron Kardashian, 2009 You've tried getting in shape the world's way You've tried losing weight the doctor's way Now it's time to turn to the ONE who created them both

Jim Palmer's Way to Fitness Jim Palmer, 1985 Individualized Fitness Programs Frank Vitale, 1973

Fitness After 50 Workout Elaine LaLanne, Richard Benyo, 1989 Elaine LaLanne expands her physical fitness program to include exercises for twenty one different body parts Photographs the latest aging research and Elaine's own example will have older men and women exercising with renewed vitality

Catalog of Sears, Roebuck and Company Sears, Roebuck and Company, 1983

The Best of Challenge, 1971

Encyclopedia of Physical Education, Fitness, and Sports: Training, environment, nutrition, and fitness, 1977

JCPenney [catalog], 1994

Body Shaping with Free Weights Stephenie Karony, 1998 Give your body a magnificent sculpted look the free weights training way The exercises given here help readers focus on specific body parts Diet tips that enhance workout results are included plus practical tips to help readers keep up their good work 130 bandw illustrations

AstroFit William J. Evans, Gerald Secor Couzens, 2002 To safely allow astronauts to make a three year round trip journey to Mars and not age their bodies 30 years a NASA scientist developed a revolutionary anti aging program adapted here for people on Earth 24 line drawings throughout

Pennsylvania Journal of Health, Physical Education, Recreation, 1968

U.S. Fitness Book Pat Stewart, 1979 Abstract

The exercise program incorporates principles that assist in increasing strength stamina and flexibility The program is designed for people who have not exercised regularly The individual program is determined by the results of a walk test or a walk jog test Exercise programs for women men senior citizens teenagers and children consist of three parts 1 warm up 2 conditioning exercises and 3 circulatory activities Warm up exercises are intended to increase breathing rate and raise body temperature Conditioning exercises to increase muscle tone are given with a range of number of times of repetition Circulatory activity choices are divided into three levels depending on intensity The relationship of exercise and nutrition to weight control and health is explained with information on nutrition labeling processed foods basic food groups diets for specific age groups and recommended daily dietary allowances

Women's Sports, 1983

Radu's Simply Fit Radu Teodorescu, Maura Rhodes, 1996 The master of physical fitness presents his inspiring and easy to follow program for getting fit Learn how Radu trains some of his famous clients including Cindy Crawford Regis Philbin and Matthew Broderick

The No-Gimmick Guide to Raising Fit Kids Robert S. Andersen, 2006 Obesity is affecting our children at an alarming rate

Today s high calorie menus and low effort lifestyles put kids at risk and can lead to negative health and social consequences
Society tends to look for a quick fix but gimmicks don t work Dr Robert Andersen an award winning pediatrician and
experienced dad has a common sense down to earth plan that does Sportsfitness for Women Sandra Rosenzweig,1982

Perfect Pushup Workout Chart : Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Perfect Pushup Workout Chart : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Table of Contents Perfect Pushup Workout Chart

1. Understanding the eBook Perfect Pushup Workout Chart
 - The Rise of Digital Reading Perfect Pushup Workout Chart
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pushup Workout Chart
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Perfect Pushup Workout Chart
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pushup Workout Chart
 - Personalized Recommendations
 - Perfect Pushup Workout Chart User Reviews and Ratings
 - Perfect Pushup Workout Chart and Bestseller Lists
5. Accessing Perfect Pushup Workout Chart Free and Paid eBooks
 - Perfect Pushup Workout Chart Public Domain eBooks
 - Perfect Pushup Workout Chart eBook Subscription Services
 - Perfect Pushup Workout Chart Budget-Friendly Options
6. Navigating Perfect Pushup Workout Chart eBook Formats
 - ePub, PDF, MOBI, and More
 - Perfect Pushup Workout Chart Compatibility with Devices
 - Perfect Pushup Workout Chart Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Pushup Workout Chart
 - Highlighting and Note-Taking Perfect Pushup Workout Chart
 - Interactive Elements Perfect Pushup Workout Chart
8. Staying Engaged with Perfect Pushup Workout Chart

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Pushup Workout Chart
9. Balancing eBooks and Physical Books Perfect Pushup Workout Chart
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Pushup Workout Chart
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Perfect Pushup Workout Chart
- Setting Reading Goals Perfect Pushup Workout Chart
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Perfect Pushup Workout Chart
- Fact-Checking eBook Content of Perfect Pushup Workout Chart
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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