

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 shoulder width apart. Feet should be flat on the ground.



MID



DOWN

Position

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



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

Close 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

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use these workouts as a warm-up or as a main workout. If you are unable to complete the workout, you can do a modified version of the workout. If you are unable to complete the workout, you can do a modified version of the workout.

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

Chair 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

Checklist

<input type="checkbox"/>	Hand	Hands should be a little wider than your feet.
<input type="checkbox"/>	Feet	Feet should be shoulder 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 2 minutes.
<input type="checkbox"/>	Recovery	Recovery should be taken after the workout.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	0:00, 0:00, 0:00	0:00, 0:00, 0:00	0:00, 0:00, 0:00
0:15	0:15, 0:15, 0:15	0:15, 0:15, 0:15	0:15, 0:15, 0:15
0:30	0:30, 0:30, 0:30	0:30, 0:30, 0:30	0:30, 0:30, 0:30
0:45	0:45, 0:45, 0:45	0:45, 0:45, 0:45	0:45, 0:45, 0:45
1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00
1:15	1:15, 1:15, 1:15	1:15, 1:15, 1:15	1:15, 1:15, 1:15
1:30	1:30, 1:30, 1:30	1:30, 1:30, 1:30	1:30, 1:30, 1:30
1:45	1:45, 1:45, 1:45	1:45, 1:45, 1:45	1:45, 1:45, 1:45
2:00	2:00, 2:00, 2:00	2:00, 2:00, 2:00	2:00, 2:00, 2:00

Schedule

Day	Regular	Wide	Close
Monday	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00
Tuesday	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00
Wednesday	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00
Thursday	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00
Friday	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00
Saturday	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00
Sunday	1:00, 1:00, 1:00	1:00, 1:00, 1:00	1:00, 1:00, 1:00

Customize

These workouts are designed to be completed in 2 minutes per day. Use these workouts as a warm-up or as a main workout. If you are unable to complete the workout, you can do a modified version of the workout. If you are unable to complete the workout, you can do a modified version of the workout.

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Table of Contents Perfect Pushup Workout Chart Pdf

1. Understanding the eBook Perfect Pushup Workout Chart Pdf
 - The Rise of Digital Reading Perfect Pushup Workout Chart Pdf
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pushup Workout Chart Pdf
 - 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 Pdf
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pushup Workout Chart Pdf
 - Personalized Recommendations
 - Perfect Pushup Workout Chart Pdf User Reviews and Ratings
 - Perfect Pushup Workout Chart Pdf and Bestseller Lists

5. Accessing Perfect Pushup Workout Chart Pdf Free and Paid eBooks
 - Perfect Pushup Workout Chart Pdf Public Domain eBooks
 - Perfect Pushup Workout Chart Pdf eBook Subscription Services
 - Perfect Pushup Workout Chart Pdf Budget-Friendly Options
6. Navigating Perfect Pushup Workout Chart Pdf eBook Formats
 - ePub, PDF, MOBI, and More
 - Perfect Pushup Workout Chart Pdf Compatibility with Devices
 - Perfect Pushup Workout Chart Pdf Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Pushup Workout Chart Pdf
 - Highlighting and Note-Taking Perfect Pushup Workout Chart Pdf
 - Interactive Elements Perfect Pushup Workout Chart Pdf
8. Staying Engaged with Perfect Pushup Workout Chart Pdf
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Pushup Workout Chart Pdf
9. Balancing eBooks and Physical Books Perfect Pushup Workout Chart Pdf
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Pushup Workout Chart Pdf
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Perfect Pushup Workout Chart Pdf
 - Setting Reading Goals Perfect Pushup Workout Chart Pdf
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Perfect Pushup Workout Chart Pdf
 - Fact-Checking eBook Content of Perfect Pushup Workout Chart Pdf
 - 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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