

# 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 adjust 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.

#### Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10	10	10
0:10	20	20	20
0:20	30	30	30
0:30	40	40	40
0:40	50	50	50
0:50	60	60	60
1:00	70	70	70
1:10	80	80	80
1:20	90	90	90
1:30	100	100	100
1:40	110	110	110
1:50	120	120	120
2:00	130	130	130

#### Schedule

Day	Regular	Wide	Close
Monday	10	10	10
Tuesday	20	20	20
Wednesday	30	30	30
Thursday	40	40	40
Friday	50	50	50
Saturday	60	60	60
Sunday	70	70	70

#### Customize

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or adjust 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.

# Perfect Pushup Workout Chart

**Wolfgang Guggemos**



## **Perfect Pushup Workout Chart :**

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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

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