

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 a little closer than shoulder width.



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 regular position.

Down position: 1. Elbow joint straight out



DOWN

Close Position



UP

Position

Hands should be close and over the shoulder. Body alignment is more like a regular position.

Down go straight back as you raise your feet in the Chair position.



DOWN

Modified Workouts

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

day three times per week, or as often as you like. If you are

unable to complete the regular pushup, you can use any of these modified

workouts to build your strength. If you are able to do the regular pushup,

Knee Position



UP

Position

Hands should be a little wider than your feet. Feet should be a little closer than shoulder width.



DOWN

Chair Position



UP

Position

Hands should be a little wider than your feet. Feet should be a little closer than shoulder width.



DOWN

Checklist

<input type="checkbox"/>	Hand	Should be a little wider than your feet.
<input type="checkbox"/>	Feet	Should be a little closer than shoulder width.
<input type="checkbox"/>	Arms	Should be straight out.
<input type="checkbox"/>	Body	Should be a straight line from head to feet.
<input type="checkbox"/>	Head	Should be over the feet.
<input type="checkbox"/>	Neck	Should be in line with the spine.
<input type="checkbox"/>	Shoulders	Should be over the hands.
<input type="checkbox"/>	Elbows	Should be straight out.
<input type="checkbox"/>	Wrists	Should be in line with the spine.
<input type="checkbox"/>	Lower back	Should be in line with the spine.
<input type="checkbox"/>	Feet	Should be a little closer than shoulder width.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
00	25, 10, 5	25, 10, 5	25, 10, 5
15	20, 10, 5	20, 10, 5	20, 10, 5
30	15, 10, 5	15, 10, 5	15, 10, 5
45	10, 10, 5	10, 10, 5	10, 10, 5
60	5, 10, 5	5, 10, 5	5, 10, 5
75	5, 10, 5	5, 10, 5	5, 10, 5
90	5, 10, 5	5, 10, 5	5, 10, 5
105	5, 10, 5	5, 10, 5	5, 10, 5
120	5, 10, 5	5, 10, 5	5, 10, 5

Schedule

Day	1	2	3	4	5	6	7
1	1 Regular 1 Wide 1 Close						
2		1 Regular 1 Wide 1 Close					
3			1 Regular 1 Wide 1 Close				
4				1 Regular 1 Wide 1 Close			
5					1 Regular 1 Wide 1 Close		
6						1 Regular 1 Wide 1 Close	
7							1 Regular 1 Wide 1 Close

Customize

These workouts are designed to be completed in 2 minutes per day three times per week, or as often as you like. If you are unable to complete the regular pushup, you can use any of these modified workouts to build your strength. If you are able to do the regular pushup, you can use any of these modified workouts to build your strength.

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