

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, the Perfect Pushup is

Regular Position



UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight.



MID



DOWN

Position

Hands should be close together. Feet should be hip-width apart. Core should be tight. Body should be straight.



UP

Wide Position



UP

Position

Hands should be far apart. Feet should be hip-width apart. Core should be tight. Body should be straight. Pushups should be done in a regular position.

Down position: 1. Elbow points straight out.



DOWN

Close Position



UP

Position

Hands should be very close together. Feet should be hip-width apart. Core should be tight. Body should be straight. Pushups should be done in a regular position.

Down go straight back as you return to the Chair position.



DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per

day. They can be done at home or in a gym. They are designed to be done

at least 3 times per week. If you are unable to do the workouts, you can do a modified version of the workouts.

Knee Position



UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight.



DOWN

Chair Position



UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight.



DOWN

Checklist

<input type="checkbox"/>	Hand	Should be shoulder-width apart.
<input type="checkbox"/>	Feet	Should be hip-width apart.
<input type="checkbox"/>	Core	Should be tight.
<input type="checkbox"/>	Body	Should be straight.
<input type="checkbox"/>	Elbow	Should be straight out.
<input type="checkbox"/>	Neck	Should be in line with the spine.
<input type="checkbox"/>	Head	Should be in line with the spine.
<input type="checkbox"/>	Shoulders	Should be in line with the spine.
<input type="checkbox"/>	Waist	Should be in line with the spine.
<input type="checkbox"/>	Hips	Should be in line with the spine.
<input type="checkbox"/>	Knees	Should be in line with the spine.
<input type="checkbox"/>	Ankles	Should be in line with the spine.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10	10, 10, 10	10, 10, 10
0:10	10, 10, 10	10, 10, 10	10, 10, 10
0:20	10, 10, 10	10, 10, 10	10, 10, 10
0:30	10, 10, 10	10, 10, 10	10, 10, 10
0:40	10, 10, 10	10, 10, 10	10, 10, 10
0:50	10, 10, 10	10, 10, 10	10, 10, 10
1:00	10, 10, 10	10, 10, 10	10, 10, 10
1:10	10, 10, 10	10, 10, 10	10, 10, 10
1:20	10, 10, 10	10, 10, 10	10, 10, 10
1:30	10, 10, 10	10, 10, 10	10, 10, 10
1:40	10, 10, 10	10, 10, 10	10, 10, 10
1:50	10, 10, 10	10, 10, 10	10, 10, 10
2:00	10, 10, 10	10, 10, 10	10, 10, 10

Schedule

Day	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	10, 10, 10	10, 10, 10	10, 10, 10
8	10, 10, 10	10, 10, 10	10, 10, 10
9	10, 10, 10	10, 10, 10	10, 10, 10
10	10, 10, 10	10, 10, 10	10, 10, 10
11	10, 10, 10	10, 10, 10	10, 10, 10
12	10, 10, 10	10, 10, 10	10, 10, 10
13	10, 10, 10	10, 10, 10	10, 10, 10
14	10, 10, 10	10, 10, 10	10, 10, 10
15	10, 10, 10	10, 10, 10	10, 10, 10
16	10, 10, 10	10, 10, 10	10, 10, 10
17	10, 10, 10	10, 10, 10	10, 10, 10
18	10, 10, 10	10, 10, 10	10, 10, 10
19	10, 10, 10	10, 10, 10	10, 10, 10
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24	10, 10, 10	10, 10, 10	10, 10, 10
25	10, 10, 10	10, 10, 10	10, 10, 10
26	10, 10, 10	10, 10, 10	10, 10, 10
27	10, 10, 10	10, 10, 10	10, 10, 10
28	10, 10, 10	10, 10, 10	10, 10, 10
29	10, 10, 10	10, 10, 10	10, 10, 10
30	10, 10, 10	10, 10, 10	10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes per day. They can be done at home or in a gym. They are designed to be done at least 3 times per week. If you are unable to do the workouts, you can do a modified version of the workouts.

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Anthony S. Fauci



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web mar 23 2021 simulate mitosis move the chromosomes through each of the four stages of mitosis draw and label the pop bead chromosomes for one of the phases on a separate sheet it is not necessary to draw each individual bead draw a large circle on the paper to represent the cell and the nucleus with a pencil

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