

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, these are the best pushups.

Regular Position



UP

Position

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



MID



DOWN

Position

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



UP

Wide Position



UP

Position

Hands should be far apart. Feet should be hip-width apart. Core should be tight.



DOWN

Close Position



UP

Position

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



DOWN

Modified Workouts

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or modify them to suit your needs. If you are unable to complete a workout, you can always start with a modified version.

Knee Position



UP

Position

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



DOWN

Chair Position



UP

Position

Hands should be on a chair. Feet should be hip-width apart. Core should be tight.



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"/> | Arms | Should be straight. |
| <input type="checkbox"/> | Head | Should be in line with spine. |
| <input type="checkbox"/> | Neck | Should be in line with spine. |
| <input type="checkbox"/> | Shoulders | Should be in line with spine. |
| <input type="checkbox"/> | Elbows | Should be in line with spine. |
| <input type="checkbox"/> | Wrists | Should be in line with spine. |
| <input type="checkbox"/> | Lower back | Should be in line with spine. |
| <input type="checkbox"/> | Upper back | Should be in line with spine. |
| <input type="checkbox"/> | Neck | Should be in line with spine. |
| <input type="checkbox"/> | Head | Should be in line with spine. |
| <input type="checkbox"/> | Neck | Should be in line with spine. |
| <input type="checkbox"/> | Head | Should be in line with 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 |
| 20 | 10, 10, 10 | 10, 10, 10 | 10, 10, 10 |

Customize

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or modify them to suit your needs. If you are unable to complete a workout, you can always start with a modified version.

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Ensheng Dong



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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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