

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 head of fitness you are on. Tailored to the needs of fitness enthusiasts of all ages and fitness challenging workout styles, we have you covered.

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

Shoulder should be over the hand position. Head should be over the feet position.



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



UP

Position

Shoulder should be over the hand position. Head should be over the feet position.



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 full workout. If you are unable to complete the workout, you can always use the regular pushup as a substitute.

Knee Position



UP

Position

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



DOWN

Chair Position



UP

Position

Hands should be on the chair. Feet should be shoulder width apart.



DOWN

Checklist

<input type="checkbox"/>	Hand	Should be a little wider than your feet.
<input type="checkbox"/>	Feet	Should be shoulder width apart.
<input type="checkbox"/>	Head	Should be over the feet position.
<input type="checkbox"/>	Shoulder	Should be over the hand position.
<input type="checkbox"/>	Core	Should be tight and engaged.
<input type="checkbox"/>	Back	Should be straight.
<input type="checkbox"/>	Neck	Should be in line with the spine.
<input type="checkbox"/>	Wrists	Should be straight.
<input type="checkbox"/>	Elbows	Should be straight.
<input type="checkbox"/>	Arms	Should be straight.
<input type="checkbox"/>	Legs	Should be straight.
<input type="checkbox"/>	Feet	Should be flat on the ground.
<input type="checkbox"/>	Head	Should be over the feet position.
<input type="checkbox"/>	Shoulder	Should be over the hand position.
<input type="checkbox"/>	Core	Should be tight and engaged.
<input type="checkbox"/>	Back	Should be straight.
<input type="checkbox"/>	Neck	Should be in line with the spine.
<input type="checkbox"/>	Wrists	Should be straight.
<input type="checkbox"/>	Elbows	Should be straight.
<input type="checkbox"/>	Arms	Should be straight.
<input type="checkbox"/>	Legs	Should be straight.
<input type="checkbox"/>	Feet	Should be flat on the ground.

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
Monday	10, 10, 10	10, 10, 10	10, 10, 10
Tuesday	10, 10, 10	10, 10, 10	10, 10, 10
Wednesday	10, 10, 10	10, 10, 10	10, 10, 10
Thursday	10, 10, 10	10, 10, 10	10, 10, 10
Friday	10, 10, 10	10, 10, 10	10, 10, 10
Saturday	10, 10, 10	10, 10, 10	10, 10, 10
Sunday	10, 10, 10	10, 10, 10	10, 10, 10

Customize

These workouts are designed to be completed in 2 minutes per day. Use these workouts as a warm-up or as a full workout. If you are unable to complete the workout, you can always use the regular pushup as a substitute.

Perfect Pushup Workout Chart

Michael Brown



Perfect Pushup Workout Chart :

Embracing the Melody of Phrase: An Psychological Symphony within **Perfect Pushup Workout Chart**

In a world consumed by screens and the ceaseless chatter of fast conversation, the melodic elegance and emotional symphony created by the prepared word often fade in to the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, situated within the pages of **Perfect Pushup Workout Chart** an enchanting literary treasure overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this charming masterpiece conducts readers on an emotional journey, well unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of the emotional assessment, we will explore the book is central harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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