

PERFECT • PUSHUP™

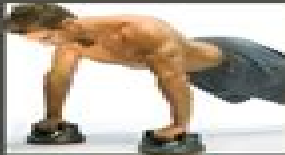
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Get Ripped Workouts

GOALS: Core Strength Training | Build & Tone Upper Body

Welcome to the Perfect Pushup. These exercises will improve your strength, endurance, and 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 shoulder width apart. Feet should be flat on the ground.



MID



DOWN

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



UP

Wide Position



UP

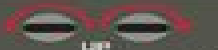
Position

Hands should be wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN

Close 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.

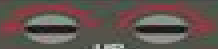


DOWN

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 the workout, you can always use the Regular Position for the pushups.

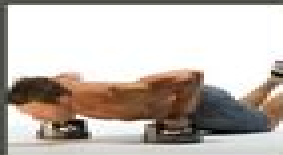
Knee Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN

Chair 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.



DOWN

Checklist

<input type="checkbox"/>	Hand	Hands should be a little wider than your feet.
<input type="checkbox"/>	Feet	Feet should be shoulder 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
00	00, 00, 00	00, 00, 00	00, 00, 00
01	01, 01, 01	01, 01, 01	01, 01, 01
02	02, 02, 02	02, 02, 02	02, 02, 02
03	03, 03, 03	03, 03, 03	03, 03, 03
04	04, 04, 04	04, 04, 04	04, 04, 04
05	05, 05, 05	05, 05, 05	05, 05, 05
06	06, 06, 06	06, 06, 06	06, 06, 06
07	07, 07, 07	07, 07, 07	07, 07, 07
08	08, 08, 08	08, 08, 08	08, 08, 08
09	09, 09, 09	09, 09, 09	09, 09, 09
10	10, 10, 10	10, 10, 10	10, 10, 10
11	11, 11, 11	11, 11, 11	11, 11, 11
12	12, 12, 12	12, 12, 12	12, 12, 12
13	13, 13, 13	13, 13, 13	13, 13, 13
14	14, 14, 14	14, 14, 14	14, 14, 14
15	15, 15, 15	15, 15, 15	15, 15, 15
16	16, 16, 16	16, 16, 16	16, 16, 16
17	17, 17, 17	17, 17, 17	17, 17, 17
18	18, 18, 18	18, 18, 18	18, 18, 18
19	19, 19, 19	19, 19, 19	19, 19, 19
20	20, 20, 20	20, 20, 20	20, 20, 20

Schedule

Day	Regular	Wide	Close
Monday	1 Minute	1 Minute	1 Minute
Tuesday	1 Minute	1 Minute	1 Minute
Wednesday	1 Minute	1 Minute	1 Minute
Thursday	1 Minute	1 Minute	1 Minute
Friday	1 Minute	1 Minute	1 Minute
Saturday	1 Minute	1 Minute	1 Minute
Sunday	1 Minute	1 Minute	1 Minute

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 the workout, you can always use the Regular Position for the pushups.

Perfect Pushup Workout Chart

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