

PERFECT • PUSHUP™

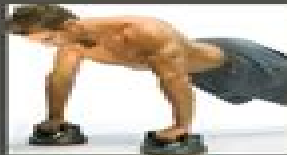
www.perfectpushup.com

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.



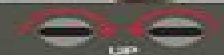
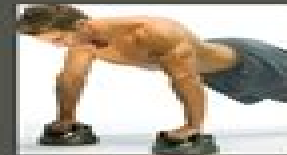
MID



DOWN

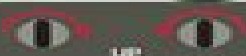
Position

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



UP

Wide Position



UP

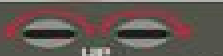
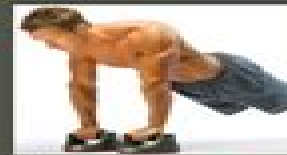
Position

Hands should be far apart. Feet should be hip-width apart. Core should be tight. Body should be straight. In Regular Position. Down position: 1. Elbow joint straight out.



DOWN

Close Position



UP

Position

Hands should be close together. Feet should be hip-width apart. Core should be tight. Body should be straight. In Regular Position. Down position: 1. Elbow joint straight out.

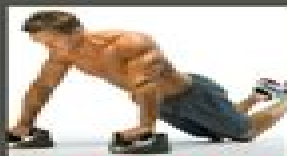


DOWN

Modified Workouts

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or adjust the number of reps to suit your needs. If you are unable to complete the workouts, or if you are unable to complete the workouts, you can modify the workouts to suit your needs.

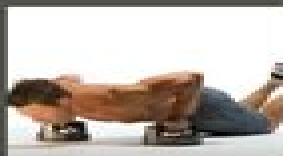
Knee Position



UP

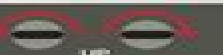
Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight. In Regular Position (down).



DOWN

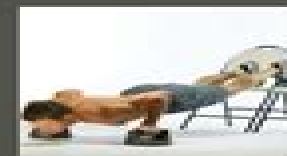
Chair Position



UP

Position

Hands should be shoulder-width apart. Feet should be hip-width apart. Core should be tight. Body should be straight. In Regular Position (down).



DOWN

Checklist

Hand	Should be shoulder-width apart.
Feet	Should be hip-width apart.
Core	Should be tight.
Body	Should be straight.
Elbow	Should be straight out.
Neck	Should be in line with the spine.
Head	Should be in line with the spine.
Shoulders	Should be in line with the spine.
Waist	Should be in line with the spine.
Hips	Should be in line with the spine.
Legs	Should be in line with the spine.
Feet	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
0:15	10, 10, 10	10, 10, 10	10, 10, 10
0:30	10, 10, 10	10, 10, 10	10, 10, 10
0:45	10, 10, 10	10, 10, 10	10, 10, 10
1:00	10, 10, 10	10, 10, 10	10, 10, 10
1:15	10, 10, 10	10, 10, 10	10, 10, 10
1:30	10, 10, 10	10, 10, 10	10, 10, 10
1:45	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 20 minutes. Use these workouts as a guide, or adjust the number of reps to suit your needs. If you are unable to complete the workouts, or if you are unable to complete the workouts, you can modify the workouts to suit your needs.

Perfect Pushup Workout Chart

TD Snyder



Perfect Pushup Workout Chart :

The book delves into Perfect Pushup Workout Chart . Perfect Pushup Workout Chart is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Perfect Pushup Workout Chart , encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Perfect Pushup Workout Chart
- Chapter 2: Essential Elements of Perfect Pushup Workout Chart
- Chapter 3: Perfect Pushup Workout Chart in Everyday Life
- Chapter 4: Perfect Pushup Workout Chart in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Perfect Pushup Workout Chart . The first chapter will explore what Perfect Pushup Workout Chart is, why Perfect Pushup Workout Chart is vital, and how to effectively learn about Perfect Pushup Workout Chart .

3. In chapter 2, this book will delve into the foundational concepts of Perfect Pushup Workout Chart . This chapter will elucidate the essential principles that need to be understood to grasp Perfect Pushup Workout Chart in its entirety.

4. In chapter 3, this book will examine the practical applications of Perfect Pushup Workout Chart in daily life. The third chapter will showcase real-world examples of how Perfect Pushup Workout Chart can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Perfect Pushup Workout Chart in specific contexts. This chapter will explore how Perfect Pushup Workout Chart is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Perfect Pushup Workout Chart . The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Pushup Workout Chart .

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FAQs About Perfect Pushup Workout Chart Books

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