

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 a little wider than your feet.



MID



DOWN

Position

Head, neck, and feet all in the same position. Feet should be a little wider than your feet.



UP

Wide Position



UP

Position

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



DOWN



UP

Position

Head, neck, and feet all in the same position. Feet should be a little wider than your feet.



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 do a modified version of the workout.

Knee Position



UP

Position

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



DOWN



UP

Position

Head, neck, and feet all in the same position. Feet should be a little wider than your feet.



DOWN

Chair Position

Checklist

Hand	Should be a little wider than your feet.
Feet	Should be shoulder width apart.
Head	Should be in the same position as your feet.
Neck	Should be in the same position as your feet.
Body	Should be a little wider than your feet.
Core	Should be a little wider than your feet.
Arms	Should be a little wider than your feet.
Legs	Should be a little wider than your feet.
Feet	Should be a little wider than your feet.
Head	Should be in the same position as your feet.
Neck	Should be in the same position as your feet.
Body	Should be a little wider than your feet.
Core	Should be a little wider than your feet.
Arms	Should be a little wider than your feet.
Legs	Should be a little wider than your feet.
Feet	Should be a little wider than your feet.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	0:00	0:00	0:00
0:15	15	15	15
0:30	30	30	30
0:45	45	45	45
1:00	60	60	60
1:15	75	75	75
1:30	90	90	90
1:45	105	105	105
2:00	120	120	120

Schedule

Day	Regular	Wide	Close
1	10	10	10
2	20	20	20
3	30	30	30
4	40	40	40
5	50	50	50
6	60	60	60
7	70	70	70
8	80	80	80
9	90	90	90
10	100	100	100
11	110	110	110
12	120	120	120

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 do a modified version of the workout.

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Grant Michaels



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workouts for actual weight loss but it does increase your metabolism This in combination with a cardio workout will make a serious impact on your physique goals Give Yourself a Challenge Worth Meeting The one arm push up is incredibly impressive When you master this exercise you will have more control over your body than you probably ever had before The difference in strength you will gain from this exercise opposed to weight training has far superior benefits You will increase your core strength and also the surrounding arms and hips to thigh area In doing all of this you will align the muscles that need to work together to make your body function at a level higher than nearly everyone you will see in the gym everyday slaving away on machines that only make them bulkier but not stronger [7 Weeks to 100 Push-Ups](#) Steve Speirs,2024-01-02 If you re ready to massively increase your strength follow the 7 week program in this book and you ll soon be able to complete 100 consecutive push ups You ll also transform your fitness look great and feel even better as you sculpt every muscle from your neck down to your calves Offering several custom designed day by day plans this book has something for everyone from beginners embarking on a new workout regimen to athletes looking to enhance their strength training program Amazon com [Push Ups For Everyone](#) David Nordmark,2010-04-17 Achieve Muscle Growth Strength And Endurance With Perfect Push Ups Push up workouts are one of the oldest and most effective exercise methods known to man By themselves push ups work the entire body and will help you achieve real muscle growth strength and endurance in record time The Ultimate Guide To Push Ups contains over 65 different push up variations that are suitable for the complete beginner to the advanced athlete You don t need expensive gym memberships or other gimmicks to get in superior shape The push up workouts presented in this book work the major muscle groups are free and can be done at anywhere at anytime When you read this book you will learn the following How to perform a perfect push up Build strength and endurance evenly Stimulate muscle growth 3 ways Discover a method of achieving 100 push ups in a row Improve your reaction time Every push up variation is fully demonstrated and illustrated If you want to learn how to utilize push up workouts to achieve superior health then The Ultimate Guide To Push Ups is the book for you Order this book and get started on your own road to superior health and fitness today **The Ultimate Upper Body Workout** Trey Andrews,2024-03-19 Discover a wide range of effective and simple upper body exercises inside my new upper body workout eBook The Ultimate Upper Body Workout 7 Day Complete Upper Body Workout for Fast Muscle Growth Strength A must read book for anyone wanting to discover how they can begin improving their upper body workouts or for those who want to enhance their existing upper body workouts and define their physique following my science back proven workout solution to supercharge upper body muscle development and strength Inside my new upper body workout eBook you will discover Upper Body Workout Basics From the structure of the upper body muscles to optimizing nutrition before during and after working out warming up and cooling down these are the fundamentals that anyone working out needs to understand before starting any workout routine I explain all of this and more in detail so you have a full comprehensive understanding of the mechanisms needed to complete a

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first 4 weeks you'll develop your pull up foundation In the next 8 weeks you'll focus on building on top of your foundation to reach 30 consecutive pull ups and beyond All of this to become even stronger build muscle in your biceps shoulders and back accomplish what few have ever accomplished step into the role of king of the bar And whether you can currently manage 2 pull ups or over 15 there is a place for you in this program You can expect the program to be tough but manageable a program to meet you exactly where you are with your current pull up max workouts that can be completed anywhere including in your home not needing a gym just your body a bar grit and determination This pull up program is here to take your fitness to the next level if you're willing to accept the challenge Don't wait to challenge yourself Don't wait to feel ready Start today and become ready Your new you is just 90 days away Buy Your Copy Now

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40 Fierce Push Up Bar Exercises for a Perfect and Sexy Body Brian Baker, 2016-03-14 Incorporating push up bars into your workout routine provides tremendous benefits including building well defined and toned muscles especially the chest improving posture increasing functional strength engaging your muscles more intensively and much more You see push up bar exercises are more effective than doing your traditional hands on the floor pushups With your body elevated 4-6 inches off the floor you boost your range of motion activate your forearm muscles and decrease stress on your joints and wrists If you desire a sexier broader chest this guide will give you exact step by step instructions to reach

your ultimate goal for that summer beach body About The Author Brian D Baker is a personal trainer ex body builder and weight training enthusiast with over 20 years experience in health and fitness Originally from Smithfield Virginia he currently resides in Atlanta GA with his wife and two boys His passion is to help his followers and personal clients achieve their optimal physique while still pushing them past their beliefs Brian brings a fresh unique style to his routines where no workout is the same keeping his clients coming back for more

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