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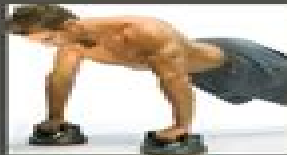
www.perfectpushup.com

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 athletes. This is the best workout.

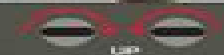
Regular Position



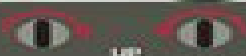
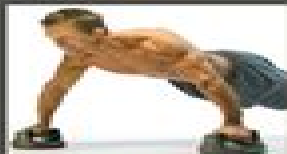
Position
Hands under feet & feet under hips. Body straight. Head down. Feet under arms position.



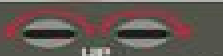
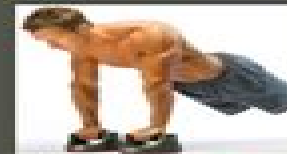
Position
Hands under feet and feet under hips. Body straight. Head down. Feet under arms position.



Wide Position



Position
Hands far apart and feet under shoulders. Body straight. Head down. Feet under arms position. Down position: 1. Elbow joint straight out.



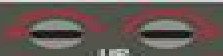
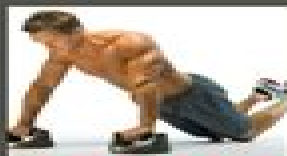
Position
Hands close to each other and feet under shoulders. Body straight. Head down. Feet under arms position. Down position: 1. Elbow joint straight out.



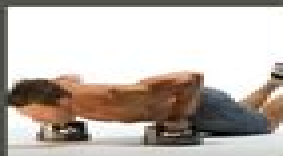
Modified Workouts

These modified workouts are designed to be completed in 2 minutes per day. Use these workouts for recovery or to decrease the intensity of your workout. If you are unable to complete the workout, use the modified version. Use the modified version for your first workout.

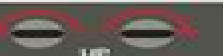
Knee Position



Position
Hands under feet and feet under hips. Body straight. Head down. Feet under arms position.



Chair Position



Position
Hands on chair and feet under hips. Body straight. Head down. Feet under arms position.



Checklist

<input type="checkbox"/>	Hand	Hands under feet and feet under hips.
<input type="checkbox"/>	Feet	Feet under arms position.
<input type="checkbox"/>	Body	Body straight.
<input type="checkbox"/>	Head	Head down.
<input type="checkbox"/>	Elbow	Elbow joint straight out.
<input type="checkbox"/>	Core	Core strength training.
<input type="checkbox"/>	Upper Body	Build & Tone Upper Body.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	25, 10, 5	25, 10, 5	25, 10, 5
0:15	20, 10, 5	20, 10, 5	20, 10, 5
0:30	15, 10, 5	15, 10, 5	15, 10, 5
0:45	10, 10, 5	10, 10, 5	10, 10, 5
1:00	5, 10, 5	5, 10, 5	5, 10, 5
1:15	5, 10, 5	5, 10, 5	5, 10, 5
1:30	5, 10, 5	5, 10, 5	5, 10, 5
1:45	5, 10, 5	5, 10, 5	5, 10, 5
2:00	5, 10, 5	5, 10, 5	5, 10, 5

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 2 minutes per day. Use these workouts for recovery or to decrease the intensity of your workout. If you are unable to complete the workout, use the modified version. Use the modified version for your first workout.

Perfect Pushup Workout Chart Pdf

Mike Jess



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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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