

# 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. 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



UP

Position

Shoulder should be over the hand position. Head should be over the feet. 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 the workouts to your own fitness level. If you are unable to complete the workouts, you can modify the workouts to your own fitness level.

### 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



UP

Position

Shoulder should be over the hand position. Head should be over the feet. Feet should be flat on the ground.



DOWN

### Chair Position

#### Checklist

Hand	Should be a little wider than your feet.
Feet	Should be shoulder width apart.
Head	Should be over the feet.
Body	Should be straight.
Core	Should be engaged.
Arms	Should be extended.
Elbows	Should be tucked in.
Shoulders	Should be over the hands.
Neck	Should be in line with the spine.
Lower back	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

#### 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 modify the workouts to your own fitness level. If you are unable to complete the workouts, you can modify the workouts to your own fitness level.

# Perfect Pushup Workout Chart Pdf

**L Towne**



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## Embracing the Tune of Appearance: An Psychological Symphony within **Perfect Pushup Workout Chart Pdf**

In some sort of eaten by monitors and the ceaseless chatter of immediate connection, the melodic beauty and mental symphony produced by the written term usually disappear in to the back ground, eclipsed by the constant sound and disturbances that permeate our lives. But, set within the pages of **Perfect Pushup Workout Chart Pdf** a charming fictional prize filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this captivating masterpiece conducts visitors on a psychological trip, well unraveling the hidden songs and profound impact resonating within each carefully constructed phrase. Within the depths of this poignant assessment, we will explore the book is main harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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$\text{H}_2\text{SO}_4$  1 aq  $\text{H}_3\text{O}^+$  1 aq  $\text{K}^+$  5  $\text{X}^{10}$  3

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