

# 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, we have you covered.

### Regular Position



UP

Position

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



MID



DOWN

Position

Shoulder should be over the hand position. Head should be over the feet position.



UP

### Wide Position



UP

Position

Hands are far apart and the feet are shoulder width apart. Body alignment is more like a dog in regular position. Down position is 1/2 inch past straight out.



DOWN



UP

Position

Hands should be close together and the feet should be shoulder width apart. Body alignment is more like a dog in regular position. Down go straight back as you raise your feet in the close position.



DOWN

## Modified Workouts

These three variations of the pushup can be completed in 2 minutes per set. Use these variations for recovery or to decrease the difficulty of your workout. If you are unable to perform the regular pushup, try these modified versions.

### Knee Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Body alignment is more like a dog in regular position.



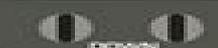
DOWN



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Body alignment is more like a dog in regular position.



DOWN

### Checklist

<input type="checkbox"/> Head	Head in neutral position - not too far with
<input type="checkbox"/> Neck	Neck in line with spine
<input type="checkbox"/> Arms	Arms in line with spine
<input type="checkbox"/> Feet	Feet in line with spine
<input type="checkbox"/> Core	Core engaged and supported
<input type="checkbox"/> Body	Body in a straight line
<input type="checkbox"/> Breathing	Breathe in and out

### 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	1st Session	2nd Session	3rd Session
MON	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
TUE	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
WED	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
THU	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
FRI	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
SAT	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
SUN	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close

### Customize

These workouts are designed to be completed in 2 minutes per set. Use these variations for recovery or to decrease the difficulty of your workout. If you are unable to perform the regular pushup, try these modified versions.

# Perfect Pushup Workout Chart Pdf

**M Carnoy**



**Perfect Pushup Workout Chart Pdf:**

## **Perfect Pushup Workout Chart Pdf** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Perfect Pushup Workout Chart Pdf**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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