

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 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. Body should be a straight line.



MID



DOWN

Position

Head, neck, and tail of the spine should be in a straight line. Elbows should be directly under the shoulders.



UP

Wide Position



UP

Position

Hands are wider than shoulder width apart. Feet should be shoulder width apart. Body should be a straight line.



DOWN



UP

Position

Hands should be close together. Feet should be shoulder width apart. Body should be a straight line.



DOWN

Modified Workouts

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or modify the number of reps to suit your needs. If you are unable to complete the workout, it is better to stop than to injure yourself.

Knee Position



UP

Position

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



DOWN

Chair Position



UP

Position

Hands should be on a chair. Feet should be shoulder width apart. Body should be a straight line.



DOWN

Checklist

<input type="checkbox"/>	Hand	Should be a little wider than your feet.
<input type="checkbox"/>	Feet	Should be shoulder width apart.
<input type="checkbox"/>	Body	Should be a straight line.
<input type="checkbox"/>	Head	Should be in a straight line with the neck and tail of the spine.
<input type="checkbox"/>	Elbows	Should be directly under the shoulders.
<input type="checkbox"/>	Neck	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Spine	Should be in a straight line.
<input type="checkbox"/>	Collar	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Waist	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Butt	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Heels	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Arch	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Ball	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Toe	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Instep	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Midfoot	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Forefoot	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Heel	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Ball	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Toe	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Instep	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Midfoot	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Forefoot	Should be in a straight line with the head and tail of the spine.
<input type="checkbox"/>	Heel	Should be in a straight line with the head and tail of the spine.

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
1:10	10, 10, 10	10, 10, 10	10, 10, 10
1:20	10, 10, 10	10, 10, 10	10, 10, 10
1:30	10, 10, 10	10, 10, 10	10, 10, 10
1:40	10, 10, 10	10, 10, 10	10, 10, 10
1:50	10, 10, 10	10, 10, 10	10, 10, 10
2:00	10, 10, 10	10, 10, 10	10, 10, 10

Schedule

Day	1st Session	2nd Session	3rd Session
MON	10, 10, 10	10, 10, 10	10, 10, 10
TUE	10, 10, 10	10, 10, 10	10, 10, 10
WED	10, 10, 10	10, 10, 10	10, 10, 10
THU	10, 10, 10	10, 10, 10	10, 10, 10
FRI	10, 10, 10	10, 10, 10	10, 10, 10
SAT	10, 10, 10	10, 10, 10	10, 10, 10
SUN	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 number of reps to suit your needs. If you are unable to complete the workout, it is better to stop than to injure yourself.

Perfect Pushup Workout Chart

Stephenie Karony

A decorative graphic element consisting of a light blue horizontal bar with rounded ends, partially overlapping a red circular gradient shape on the right side.

Perfect Pushup Workout Chart :

Embracing the Melody of Term: An Emotional Symphony within **Perfect Pushup Workout Chart**

In a global eaten by displays and the ceaseless chatter of instant communication, the melodic splendor and mental symphony developed by the prepared term often disappear in to the backdrop, eclipsed by the persistent noise and disruptions that permeate our lives. However, nestled within the pages of **Perfect Pushup Workout Chart** a marvelous literary treasure overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that interesting masterpiece conducts visitors on a psychological journey, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of this emotional examination, we shall examine the book is key harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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