

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 athletes. This is the best workout.

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

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



UP

Wide 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

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

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use these workouts as a warm-up or as a main workout. If you are a beginner, you can use these workouts as a main workout. If you are a beginner, you can use these workouts as a main 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

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

Chair Position

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 from head to heels.
<input type="checkbox"/>	Core	Should be engaged throughout the workout.
<input type="checkbox"/>	Breathing	Should be controlled throughout the workout.

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	1st Session	2nd Session	3rd Session
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 2 minutes per day. Use these workouts as a warm-up or as a main workout. If you are a beginner, you can use these workouts as a main workout. If you are a beginner, you can use these workouts as a main workout.

Perfect Pushup Workout Chart

Jim Palmer



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results are included plus practical tips to help readers keep up their good work 130 bandw illustrations **JCPenney**
[catalog] ,1994 **Pennsylvania Journal of Health, Physical Education, Recreation** ,1968 *U.S. Fitness Book* Pat
Stewart,1979 Abstract The exercise program incorporates principles that assist in increasing strength stamina and flexibility
The program is designed for people who have not exercised regularly The individual program is determined by the results of
a walk test or a walk jog test Exercise programs for women men senior citizens teenagers and children consist of three parts
1 warm up 2 conditioning exercises and 3 circulatory activities Warm up exercises are intended to increase breathing rate
and raise body temperature Conditioning exercises to increase muscle tone are given with a range of number of times of
repetition Circulatory activity choices are divided into three levels depending on intensity The relationship of exercise and
nutrition to weight control and health is explained with information on nutrition labeling processed foods basic food groups
diets for specific age groups and recommended daily dietary allowances **Women's Sports** ,1983 *Radu's Simply Fit*
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