

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 shoulder-width apart. Feet should be together. Core should be tight. Body should be straight.



MID



DOWN

Position

Hands should be close together. Feet should be together. Core should be tight. Body should be straight.



UP

Wide Position



UP

Position

Hands should be far apart. Feet should be together. Core should be tight. Body should be straight. Pushups should be done in a regular position.

Down position: 1. Elbow joint straight out.



DOWN

Close Position



UP

Position

Hands should be very close together. Feet should be together. Core should be tight. Body should be straight. Pushups should be done in a regular position.

Down go straight back as you return to the Chair position.



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 full workout.

If you are unable to complete the workouts, we have modified the workouts to be completed in 10 minutes.

Knee Position



UP

Position

Hands should be shoulder-width apart. Feet should be together. Core should be tight. Body should be straight.



DOWN

Chair Position



UP

Position

Hands should be shoulder-width apart. Feet should be together. Core should be tight. Body should be straight.



DOWN

Checklist

Hand	Should be shoulder-width apart.
Feet	Should be together.
Core	Should be tight.
Body	Should be straight.
Position	Should be in a regular position.
Down	Should be in a regular position.
Up	Should be in a regular position.
Hand	Should be shoulder-width apart.
Feet	Should be together.
Core	Should be tight.
Body	Should be straight.
Position	Should be in a regular position.
Down	Should be in a regular position.
Up	Should be in a regular position.

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	Regular	Wide	Close
1	10, 10, 10	10, 10, 10	10, 10, 10
2	10, 10, 10	10, 10, 10	10, 10, 10
3	10, 10, 10	10, 10, 10	10, 10, 10
4	10, 10, 10	10, 10, 10	10, 10, 10
5	10, 10, 10	10, 10, 10	10, 10, 10
6	10, 10, 10	10, 10, 10	10, 10, 10
7	10, 10, 10	10, 10, 10	10, 10, 10
8	10, 10, 10	10, 10, 10	10, 10, 10
9	10, 10, 10	10, 10, 10	10, 10, 10
10	10, 10, 10	10, 10, 10	10, 10, 10
11	10, 10, 10	10, 10, 10	10, 10, 10
12	10, 10, 10	10, 10, 10	10, 10, 10
13	10, 10, 10	10, 10, 10	10, 10, 10
14	10, 10, 10	10, 10, 10	10, 10, 10
15	10, 10, 10	10, 10, 10	10, 10, 10
16	10, 10, 10	10, 10, 10	10, 10, 10
17	10, 10, 10	10, 10, 10	10, 10, 10
18	10, 10, 10	10, 10, 10	10, 10, 10
19	10, 10, 10	10, 10, 10	10, 10, 10
20	10, 10, 10	10, 10, 10	10, 10, 10
21	10, 10, 10	10, 10, 10	10, 10, 10
22	10, 10, 10	10, 10, 10	10, 10, 10
23	10, 10, 10	10, 10, 10	10, 10, 10
24	10, 10, 10	10, 10, 10	10, 10, 10
25	10, 10, 10	10, 10, 10	10, 10, 10
26	10, 10, 10	10, 10, 10	10, 10, 10
27	10, 10, 10	10, 10, 10	10, 10, 10
28	10, 10, 10	10, 10, 10	10, 10, 10
29	10, 10, 10	10, 10, 10	10, 10, 10
30	10, 10, 10	10, 10, 10	10, 10, 10
31	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 full workout. If you are unable to complete the workouts, we have modified the workouts to be completed in 10 minutes.

Perfect Pushup Workout Chart

KJ Lindholm-Leary



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Table of Contents Perfect Pushup Workout Chart

1. Understanding the eBook Perfect Pushup Workout Chart
 - The Rise of Digital Reading Perfect Pushup Workout Chart
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pushup Workout Chart
 - 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
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pushup Workout Chart
 - Personalized Recommendations
 - Perfect Pushup Workout Chart User Reviews and Ratings
 - Perfect Pushup Workout Chart and Bestseller Lists
5. Accessing Perfect Pushup Workout Chart Free and Paid eBooks
 - Perfect Pushup Workout Chart Public Domain eBooks
 - Perfect Pushup Workout Chart eBook Subscription Services
 - Perfect Pushup Workout Chart Budget-Friendly Options
6. Navigating Perfect Pushup Workout Chart eBook Formats

- ePub, PDF, MOBI, and More
 - Perfect Pushup Workout Chart Compatibility with Devices
 - Perfect Pushup Workout Chart Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Pushup Workout Chart
 - Highlighting and Note-Taking Perfect Pushup Workout Chart
 - Interactive Elements Perfect Pushup Workout Chart
 8. Staying Engaged with Perfect Pushup Workout Chart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Pushup Workout Chart
 9. Balancing eBooks and Physical Books Perfect Pushup Workout Chart
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Pushup Workout Chart
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Perfect Pushup Workout Chart
 - Setting Reading Goals Perfect Pushup Workout Chart
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Perfect Pushup Workout Chart
 - Fact-Checking eBook Content of Perfect Pushup Workout Chart
 - 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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