

# 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 endurance regardless of the level of fitness you are at. Tailored to the needs of fitness enthusiasts of all ages and fitness challenges, we have created a workout that is both fun and effective.

### 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 shoulders.



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 shoulders.



UP

### Wide Position



UP

Position

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



DOWN

### Close 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 shoulders.



DOWN

## Modified Workouts

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or as a challenge to yourself. If you are unable to complete the workout, you can always modify it to suit your needs. If you are unable to complete the workout, you can always modify it to suit your needs.

### 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 shoulders.



DOWN

### Chair 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 shoulders.



DOWN

#### Checklist

- Warm-up: 5-10 minutes of light cardio.
- Pushups: 10-15 reps.
- Pullups: 10-15 reps.
- Core: 10-15 reps.
- Cardio: 10-15 minutes.
- Stretching: 5-10 minutes.

#### Routine - 2 Minute Drills

Time	Pushups	Planks	Core
0:00	10	10	10
0:10	10	10	10
0:20	10	10	10
0:30	10	10	10
0:40	10	10	10
0:50	10	10	10
1:00	10	10	10
1:10	10	10	10
1:20	10	10	10
1:30	10	10	10
1:40	10	10	10
1:50	10	10	10
2:00	10	10	10

#### Schedule

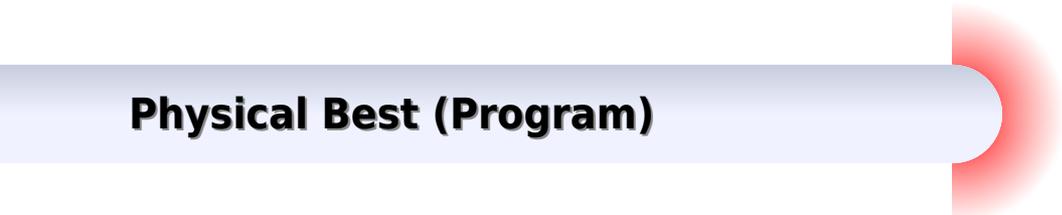
Day	Pushups	Planks	Core
Monday	10	10	10
Tuesday	10	10	10
Wednesday	10	10	10
Thursday	10	10	10
Friday	10	10	10
Saturday	10	10	10
Sunday	10	10	10

#### Customize

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or as a challenge to yourself. If you are unable to complete the workout, you can always modify it to suit your needs. If you are unable to complete the workout, you can always modify it to suit your needs.

# Perfect Pushup Workout Chart

**Physical Best (Program)**



## **Perfect Pushup Workout Chart :**

*Functional Training for Athletes at All Levels* James C. Radcliffe, James Radcliffe, 2007-01-16 FUNCTIONAL TRAINING IS THE FASTEST MOST EFFECTIVE WAY TO GET AHEAD OF THE COMPETITION Push your muscle development and athletic abilities to incredible new heights with Functional Training for Athletes of All Levels Functional training conditions your body to respond to the strenuous demands of athletic competition This method goes far beyond standard isolation movements done sitting down that simply increase muscular bulk Functional training coordinates you muscles to work together to produce explosive power tightrope walker balance and cat like agility With over 100 exercises illustrated with step by step photos and 20 sport specific workouts Functional Training for Athletes at All Levels will help you acquire the athletic movement skills necessary to maximize your performance in any sport Develop a rock solid core for supreme stability Strengthen your trunk for explosive power Sharpen fast twitch muscles for lightning quick responses Coordinate your muscles for full body control Enhance your stabilizers for quick agile movement Functional Training for Athletes at All Levels customized sport specific workouts for Baseball Basketball Bicycling Football Golf Gymnastics Hockey Lacrosse Rugby Skiing Soccer Softball Swimming Tennis Track Field Volleyball Wrestling Physical Best Activity Guide Physical Best (Program), 2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Middle and High School Levels has been used with much success across the United States and for good reason The text contains 70 easy to use instructional activities ranging from noncompetitive to competitive and from less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all students regardless of skill level or disability and students will learn how to set realistic goals manage their activity levels and remain healthy throughout their lives In addition this text offers the following features A Combined Component Training chapter combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events Physical Best Activity Guide Middle and High School Levels developed by the National Association for Sport and Physical Education can stand alone or be used in conjunction with Physical Education for Lifelong Fitness The Physical Best Teacher s Guide Third Edition and Physical Best Activity Guide Elementary Level Third Edition It can also be used with Fitnessgram Activitygram an activity assessment and computerized reporting system and the Fitness for Life resources for middle school and high school Fitness for Life is a

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and raise body temperature Conditioning exercises to increase muscle tone are given with a range of number of times of  
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