

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 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 below 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 fit your fitness level. If you are unable to complete the workout, it is better to stop than to push yourself to the point of injury.

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



UP

Position

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



DOWN

Chair Position

Checklist

<input type="checkbox"/>	Hand	Hands should be a little wider than your feet.
<input type="checkbox"/>	Feet	Feet should be shoulder width apart.
<input type="checkbox"/>	Body	Body should be a straight line.
<input type="checkbox"/>	Head	Head, neck, and tail of the spine should be in a straight line.
<input type="checkbox"/>	Elbows	Elbows should be directly below the shoulders.
<input type="checkbox"/>	Core	Core should be engaged throughout the workout.
<input type="checkbox"/>	Breathing	Breathe in and out throughout the workout.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10	10, 10, 10	10, 10, 10
0:30	15, 15, 15	15, 15, 15	15, 15, 15
1:00	20, 20, 20	20, 20, 20	20, 20, 20
1:30	25, 25, 25	25, 25, 25	25, 25, 25
2:00	30, 30, 30	30, 30, 30	30, 30, 30
2:30	35, 35, 35	35, 35, 35	35, 35, 35
3:00	40, 40, 40	40, 40, 40	40, 40, 40
3:30	45, 45, 45	45, 45, 45	45, 45, 45
4:00	50, 50, 50	50, 50, 50	50, 50, 50

Schedule

Day	1st Session	2nd Session	3rd Session
MON	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00
TUE	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00
WED	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00
THU	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00
FRI	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00
SAT	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00
SUN	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00	10:00 - 11:00 15:00 - 16:00

Customize

These workouts are designed to be completed in 20 minutes. Use these workouts as a guide, or modify the number of reps to fit your fitness level. If you are unable to complete the workout, it is better to stop than to push yourself to the point of injury.

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