

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 front of your core and upper body. Tailored to the needs of fitness enthusiasts of all ages and fitness challenging workout styles, the Perfect Pushup is

Regular Position



UP

Position

Hands should be spaced evenly shoulder width apart. Feet should be spaced evenly hip width apart.



MID



DOWN

Position

Shoulder should be over the hand position. Elbow should be directly under the shoulder. Head should be directly over the hand position.



UP

Wide Position



UP

Position

Hands are spaced wider than shoulder width apart. Feet are spaced evenly hip width apart. In Regular Position. Down position: 1. Elbow points straight out.



DOWN

Close Position



UP

Position

Shoulder should be over the hand and the middle of the foot. Feet are spaced evenly hip width apart. In Regular Position. Down position: 1. Elbow points straight out.



DOWN

Modified Workouts

These three variations of the pushup can be completed in 2 minutes per set. Use these variations for recovery or to decrease the difficulty of your workout. If you are unable to perform the regular pushup, try the modified pushup. If you are unable to perform the regular pushup, try the modified pushup.

Knee Position



UP

Position

Hands should be spaced evenly shoulder width apart. Feet should be spaced evenly hip width apart. In Regular Position. Down position: 1. Elbow points straight out.



DOWN

Chair Position



UP

Position

Shoulder should be over the hand and the middle of the foot. Feet are spaced evenly hip width apart. In Regular Position. Down position: 1. Elbow points straight out.



DOWN

Checklist

<input type="checkbox"/>	Hand	Shoulder width apart
<input type="checkbox"/>	Feet	Shoulder width apart
<input type="checkbox"/>	Core	Engaged
<input type="checkbox"/>	Elbow	Directly under shoulder
<input type="checkbox"/>	Head	Over hands
<input type="checkbox"/>	Neck	Relaxed
<input type="checkbox"/>	Shoulder	Over hand

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	10, 10, 10	10, 10, 10	10, 10, 10
0:15	10, 10, 10	10, 10, 10	10, 10, 10
0:30	10, 10, 10	10, 10, 10	10, 10, 10
0:45	10, 10, 10	10, 10, 10	10, 10, 10
1:00	10, 10, 10	10, 10, 10	10, 10, 10
1:15	10, 10, 10	10, 10, 10	10, 10, 10
1:30	10, 10, 10	10, 10, 10	10, 10, 10
1:45	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
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 set. Use these variations for recovery or to decrease the difficulty of your workout. If you are unable to perform the regular pushup, try the modified pushup. If you are unable to perform the regular pushup, try the modified pushup.

Perfect Pushup Workout Chart

DP Hallahan



Perfect Pushup Workout Chart :

Perfect Pushup Workout Chart Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Perfect Pushup Workout Chart** , a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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