

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 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 a shoulder width apart. Feet should be hip width apart. Body should be straight.



MID



DOWN

Position

Head, neck, and feet all in the same position. Elbows should be directly below the shoulders.



UP

Wide Position



UP

Position

Hands are far apart and feet are shoulder width apart. Body alignment is same as regular position. Down position is 1/2 inch past straight up.



DOWN

Close Position



UP

Position

Hands should be close together and the shoulder. Body alignment is same as regular position. Elbows go straight back as you raise torso in the down position.



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 these modified versions.

Knee Position



UP

Position

Hands should be a shoulder width apart. Feet should be hip width apart. (Regular Position down)



DOWN

Chair Position



UP

Position

Feet should be on a chair. Hands should be a shoulder width apart. (Regular Position down)



DOWN

Checklist

<input type="checkbox"/>	Hand	Should be shoulder width apart.
<input type="checkbox"/>	Feet	Should be hip width apart.
<input type="checkbox"/>	Body	Should be straight.
<input type="checkbox"/>	Head	Should be in line with neck and shoulders.
<input type="checkbox"/>	Neck	Should be in line with head and shoulders.
<input type="checkbox"/>	Elbows	Should be directly below shoulders.
<input type="checkbox"/>	Shoulders	Should be directly above hands.
<input type="checkbox"/>	Core	Should be engaged.
<input type="checkbox"/>	Diaphragm	Should be relaxed.
<input type="checkbox"/>	Lower Back	Should be relaxed.
<input type="checkbox"/>	Upper Back	Should be relaxed.
<input type="checkbox"/>	Neck	Should be relaxed.
<input type="checkbox"/>	Head	Should be relaxed.

Routine - 2 Minute Drills

Time	Regular	Wide	Close
0:00	25, 10, 5	25, 10, 5	25, 10, 5
0:15	20, 10, 5	20, 10, 5	20, 10, 5
0:30	15, 10, 5	15, 10, 5	15, 10, 5
0:45	10, 10, 5	10, 10, 5	10, 10, 5
1:00	5, 10, 5	5, 10, 5	5, 10, 5
1:15	5, 10, 5	5, 10, 5	5, 10, 5
1:30	5, 10, 5	5, 10, 5	5, 10, 5
1:45	5, 10, 5	5, 10, 5	5, 10, 5
2:00	5, 10, 5	5, 10, 5	5, 10, 5

Schedule

Day	1st Session	2nd Session	3rd Session
MON	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
TUE	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
WED	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
THU	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
FRI	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
SAT	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close
SUN	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close	1 Pushup 1 Wide 1 Close

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 these modified versions.

Perfect Pushup Workout Chart Pdf

Trey Andrews



Perfect Pushup Workout Chart Pdf:

One Exercise, 12 Weeks, Chiseled Chest Cody Smith,2021-03-24 Get ready for a transformative 12 weeks building muscle grit and mental toughness by going gangbusters on one killer exercise In the first 4 weeks you ll develop your push up foundation In the next 8 weeks you ll focus on building on top of your foundation to reach 100 consecutive push ups and beyond All of this to become even stronger build muscle in your triceps shoulders and chest what ladies go crazy for accomplish what few have ever accomplished And whether you can currently manage 5 push ups or over 50 there is a place for you in this program You can expect the program to be tough but manageable a program to meet you exactly where you are with your current push up max workouts that can be completed anywhere including in your home not needing a gym just your body grit and determination This push up program is here to take your fitness to the next level if you re willing to accept the challenge Don t wait to challenge yourself Don t wait to feel ready Start today and become ready Your new you is just 90 days away Buy Your Copy Now

The Home Workout Plan Dale L. Roberts,2016-10-03 Can t do a push up Here s where you start Ready to conquer push ups in 30 days How to Master Push Ups in 30 Days provides a simple straightforward workout plan to help you crush your push up goals Whether you re preparing for a fitness assessment or just striving to become a better version of yourself this guide takes the guesswork out of push ups and delivers real results Forget the overcomplicated advice online this plan is designed for beginners and adaptable to your fitness level In this workout program you ll get Push up exercises ideal for beginners Dozens of images to guide you A fully customizable 30 day workout plan 8 simple push ups with 6 variations each Clear concise instructions for every exercise Tips and guidelines to maximize your workouts And so much more You ll love this workout plan because it s easy to follow flexible for any fitness level and designed to get results fast Get it now

Push-Up Progression Workout for a Stronger Core Shaun Zetlin,2012-08 Push Up Progression Workout for a Stronger Core is a twelve push up journey to progress by performing a variety of push up techniques This book discusses how crucial the push up is in regards to training the core upper body and lower body By strength training your core stabilization muscles first and your core movement muscles second you will create overall functional strength in your core while obtaining that lean aesthetic look we all desire Performing these push ups will improve your posture drastically while you develop more strength in your upper and lower body The push ups outlined in this book can be performed quickly and conveniently at home or on the road Most importantly no matter your fitness level this book shows you how the push up can benefit everyone

Push-Up Mastery to Build Strength and Muscle at Home Dorian Carter,2025-09-25 Push Up Mastery to Build Strength and Muscle at Home Your Step by Step Plan to Get Stronger and Bigger Without a Gym Want to get stronger build muscle and improve your fitness all from the comfort of home with no equipment This book is your complete guide Bodyweight training also known as calisthenics is one of the safest and most effective ways to develop lean muscle boost strength and enhance endurance And at the core of calisthenics lies the most

fundamental exercise of all the push up In this book you ll learn how to use push up progressions to steadily increase your strength and muscle mass without fancy equipment or expensive gym memberships With the right approach you ll unlock your body s potential and make real progress at your own pace This isn t about complicating your workouts It s about mastering the basics training smart and building a strong foundation that lasts Inside you ll discover Why training without equipment does make sense The 10 proven benefits of push ups Which muscles push ups really work How often you should train for maximum results The key to progressive overload in push up training Tips to prevent muscle imbalances and avoid injury The five fundamental rules for perfect push up form A step by step progression plan from beginner to advanced variations A simple yet effective push up workout plan you can follow today Plus answers to common questions including Can I do push ups every day Why am I not making progress and how do I fix it Should I lock out my arms at the top Is it better to do push ups fast or slow Do push ups burn fat or just build muscle Should I go for more reps with an easier variation or fewer reps with a harder one What should I do if my muscles are sore or if I m stuck on one progression Whether you re a complete beginner or looking to push past plateaus this book gives you the tools to master push ups build serious strength and sculpt a powerful physique all at home Grab your copy right now

Mastering the One Arm Push Up Grant Michaels,2012-11-14

Push ups can get boring rather quickly however as any trainer worth his salt will tell you they are a necessity to any serious workout regimen If you are looking for more of a challenge you have probably already considered trying the one arm push up If that is the case then why stop there why not go all the way and learn how to do all one arm push ups Grant Michaels s has developed an excellent workout guide titled Mastering the One Arm Push Up This book is designed to teach you how to do exactly that You will get a list of one arm push up workouts that will not only present a very real challenge but will also increase the strength in your upper arms shoulders back and chest What Is to Be Gained from Knowing Multiple One Arm Push Ups The one arm push up is definitely impressive There is no doubt about that Strong men have been using this move for decades as a way of demonstrating their strength However what you probably do not know is that these exercises offer many more benefits than are gained by performing regular push ups alone This is definitely a resistance exercise which means that your muscles will build strength by using the resistance of your own body This exercise helps your Abdominals Core Chest Shoulders Triceps Legs Hips and Buttocks Do One Arm Push Ups Present Any Benefits Outside of Muscle Building Body builders and strength trainers are not the only individuals who find the one arm push up to be very influential on their body If you are seeking balance exercises this is one of the top ones to try and master Yoga students use this as a common balancing stance When you are performing this push up you are really working the muscles that are responsible for balance Balance plays a huge role in what you are able to do Just because you can bench 300 to 400 pounds does not mean you can do a one arm push up It definitely takes more of your own body to perform this exercise You should also see a notice in Fat loss when trying to master this exercise This is resistance training so it works to build your muscles and cuts down on

fat It is not as effective as cardio workouts for actual weight loss but it does increase your metabolism This in combination with a cardio workout will make a serious impact on your physique goals Give Yourself a Challenge Worth Meeting The one arm push up is incredibly impressive When you master this exercise you will have more control over your body than you probably ever had before The difference in strength you will gain from this exercise opposed to weight training has far superior benefits You will increase your core strength and also the surrounding arms and hips to thigh area In doing all of this you will align the muscles that need to work together to make your body function at a level higher than nearly everyone you will see in the gym everyday slaving away on machines that only make them bulkier but not stronger *7 Weeks to 100 Push-Ups* Steve Speirs,2024-01-02 If you re ready to massively increase your strength follow the 7 week program in this book and you ll soon be able to complete 100 consecutive push ups You ll also transform your fitness look great and feel even better as you sculpt every muscle from your neck down to your calves Offering several custom designed day by day plans this book has something for everyone from beginners embarking on a new workout regimen to athletes looking to enhance their strength training program Amazon com [Push Ups For Everyone](#) David Nordmark,2010-04-17 Achieve Muscle Growth Strength And Endurance With Perfect Push Ups Push up workouts are one of the oldest and most effective exercise methods known to man By themselves push ups work the entire body and will help you achieve real muscle growth strength and endurance in record time The Ultimate Guide To Push Ups contains over 65 different push up variations that are suitable for the complete beginner to the advanced athlete You don t need expensive gym memberships or other gimmicks to get in superior shape The push up workouts presented in this book work the major muscle groups are free and can be done at anywhere at anytime When you read this book you will learn the following How to perform a perfect push up Build strength and endurance evenly Stimulate muscle growth 3 ways Discover a method of achieving 100 push ups in a row Improve your reaction time Every push up variation is fully demonstrated and illustrated If you want to learn how to utilize push up workouts to achieve superior health then The Ultimate Guide To Push Ups is the book for you Order this book and get started on your own road to superior health and fitness today *The Ultimate Upper Body Workout* Trey Andrews,2024-03-19 Discover a wide range of effective and simple upper body exercises inside my new upper body workout eBook The Ultimate Upper Body Workout 7 Day Complete Upper Body Workout for Fast Muscle Growth Strength A must read book for anyone wanting to discover how they can begin improving their upper body workouts or for those who want to enhance their existing upper body workouts and define their physique following my science back proven workout solution to supercharge upper body muscle development and strength Inside my new upper body workout eBook you will discover Upper Body Workout Basics From the structure of the upper body muscles to optimizing nutrition before during and after working out warming up and cooling down these are the fundamentals that anyone working out needs to understand before starting any workout routine I explain all of this and more in detail so you have a full comprehensive understanding of the mechanisms needed to

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600 Push-ups 30 Variations Bob Weinstein,2011-02-14 The best most complete upper body exercise in the world is the push up Lt Colonel Bob Weinstein USAR Ret Take your push ups to a whole new level with thirty different types of push ups from beginner to advanced All 30 types of push ups are clearly described and most are illustrated Sculpt those arms abs chest and back with push ups You will find 5 and 10 week workout plans push ups for men and women world records for push ups the history of push ups and more

Pushups Exercise for Beginners Irene Hushpupi,2025-07-06 PUSHUPS EXERCISE FOR BEGINNERS The Complete Beginner's Guide to Building Strength Muscle and Full Body Fitness With Step by Step Push Up Workouts Ready to build strength boost endurance and transform your body no gym required This beginner friendly guide breaks down everything you need to know about push ups in a way that's simple practical and effective Whether you've never done a single push up or you're starting over after a long break this book walks you through the process from zero to strong at your own pace Inside you'll learn The history and science behind push ups and why they work What muscles you're actually training and how to activate them How to warm up the right way to avoid injury Step by step instructions for doing proper push ups no guesswork Beginner variations to build up your strength gradually How to create your own push up workout plan Smart ways to combine push ups with other bodyweight moves Nutrition basics to support muscle gain and fat loss The most common mistakes beginners make and how to fix them How to stay motivated and track your progress Real beginner stories that prove you're not alone No equipment No pressure Just real results Whether your goal is to tone your arms build core strength or just feel stronger in your own skin this book will guide you every step of the way

Chest Workout Bruce Algra,1983 *One Exercise, 12 Weeks, Broad Back* Cody Smith,2021-03-23 Get ready for a transformative 12 weeks building muscle grit and mental toughness by going gangbusters

on one killer exercise In the first 4 weeks you ll develop your pull up foundation In the next 8 weeks you ll focus on building on top of your foundation to reach 30 consecutive pull ups and beyond All of this to become even stronger build muscle in your biceps shoulders and back accomplish what few have ever accomplished step into the role of king of the bar And whether you can currently manage 2 pull ups or over 15 there is a place for you in this program You can expect the program to be tough but manageable a program to meet you exactly where you are with your current pull up max workouts that can be completed anywhere including in your home not needing a gym just your body a bar grit and determination This pull up program is here to take your fitness to the next level if you re willing to accept the challenge Don t wait to challenge yourself Don t wait to feel ready Start today and become ready Your new you is just 90 days away Buy Your Copy Now [Do More Pushups](#) Barry Rabkin,2015-10-17 Learn proven strength secrets from National Council on Strength and Fitness Certified Personal Trainer Barry Rabkin Barry s step by step breakdowns make it easy for people of all ages and fitness levels to quickly master advanced strength training concepts Barry has done a tremendous job explaining how to take your push up strength and endurance to a whole new level you will see amazing gains in your push up numbers Nick Nilsson Muscle Explosion Whether you re training for the Army fitness test or just life in general Barry s tips will help you get ahead Al Kavadlo NYC Bodyweight Strength Legend Personal Training Coach REACH YOUR GOALS Ace Your Police or Military Physical Fitness Test Gain Strength Build Muscle Lose Fat Increase Endurance Impress Challenge Your Friends Workout Without Weights Anytime Anywhere BOOK SECTIONS 1 Strategy and Goals Choose your personal goals and customize your training to eliminate sticking points and maximize results 2 Pushup Workouts An exhaustively tested collection of the most effective pushup workouts Find your favorite or throw new challenges at your body for fresh gains every time 3 Plateau Busters Our bodies quickly adapt to our workouts and thrive off new challenges These methods let you blast through any plateau 4 Pre Test Preparation Before your pushup test or contest begins prepare your mind and body to give their best performance 5 Test Taking Technique Do more pushups by improving the efficiency of your form Increase your stability and minimize wasted energy Dramatically improve your performance by applying these techniques Barry has learned secrets from world class strength trainers Division 1 college athletes gymnasts martial arts black belts FBI Special Agents and Navy Seals This book passes all that focused knowledge onto you Break through your current limits to a new level of physical and mental mastery confidence and pushup power [40 Fierce Push Up Bar Exercises for a Perfect and Sexy Body](#) Brian Baker,2016-03-14 Incorporating push up bars into your workout routine provides tremendous benefits including building well defined and toned muscles especially the chest improving posture increasing functional strength engaging your muscles more intensively and much more You see push up bar exercises are more effective than doing your traditional hands on the floor pushups With your body elevated 4 6 inches off the floor you boost your range of motion activate your forearm muscles and decrease stress on your joints and wrists If you desire a sexier broader chest this guide will give you exact step by step

instructions to reach your ultimate goal for that summer beach body About The Author Brian D Baker is a personal trainer ex body builder and weight training enthusiast with over 20 years experience in health and fitness Originally from Smithfield Virginia he currently resides in Atlanta GA with his wife and two boys His passion is to help his followers and personal clients achieve their optimal physique while still pushing them past their beliefs Brian brings a fresh unique style to his routines where no workout is the same keeping his clients coming back for more **Squat Workout (chart).** ,1986

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