

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, we have you covered.

Regular Position



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



MID



DOWN

Position

Should be straight and flat on the ground. Feet should be shoulder width apart. Feet should be flat on the ground.



UP

Wide Position



UP

Position

Hands should be wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN

Modified Workouts

These workouts are designed to be completed in 2 minutes per day. Use these workouts as a supplement to your regular workout routine. If you are unable to complete the workout, you can always modify the workout 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 flat on the ground.



DOWN



UP

Position

Hands should be a little wider than your feet. Feet should be shoulder width apart. Feet should be flat on the ground.



DOWN

Chair Position

Checklist

| | | |
|--------------------------|-----------|--|
| <input type="checkbox"/> | Hand | Should be a little wider than your feet. |
| <input type="checkbox"/> | Feet | Should be shoulder width apart. |
| <input type="checkbox"/> | Arms | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Body | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Core | Should be engaged and tight. |
| <input type="checkbox"/> | Neck | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Head | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Shoulders | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Elbows | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Wrists | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Hands | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Feet | Should be shoulder width apart. |
| <input type="checkbox"/> | Arms | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Body | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Core | Should be engaged and tight. |
| <input type="checkbox"/> | Neck | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Head | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Shoulders | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Elbows | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Wrists | Should be straight and flat on the ground. |
| <input type="checkbox"/> | Hands | Should be straight and flat on the ground. |

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 |
|-----|-------------|-------------|-------------|
| MON | 10, 10, 10 | 10, 10, 10 | 10, 10, 10 |
| TUE | 10, 10, 10 | 10, 10, 10 | 10, 10, 10 |
| WED | 10, 10, 10 | 10, 10, 10 | 10, 10, 10 |
| THU | 10, 10, 10 | 10, 10, 10 | 10, 10, 10 |
| FRI | 10, 10, 10 | 10, 10, 10 | 10, 10, 10 |
| SAT | 10, 10, 10 | 10, 10, 10 | 10, 10, 10 |
| SUN | 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 supplement to your regular workout routine. If you are unable to complete the workout, you can always modify the workout to suit your needs.

Perfect Pushup Workout Chart Pdf

JE Gale



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