

Perfect.PUSHUP™

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WORKOUT CHART

Natural Movement Training™ - We call our training philosophy Natural Movement Training (NMT). We take simple movements from everyday life and add intensity through rotation, core stabilization or resistance, or provide accessibility to exercises so that users of all fitness levels can achieve their fitness goals. This helps you to improve your performance and feel better during everyday activities.

Anatomy of the Perfect Pushup® - Elevated handles provide a comfortable placement for hands and neutral grip. Rotation creates the proper chain reaction in the arm/shoulder complex and through the trunk. This places greater demands on core, shoulder and arm muscles and results in a more intense exercise.

Regular Position



- Hands slightly wider than shoulder width apart
- Neck, back and legs in alignment
- Head neutral, ears remain above shoulders
- Contract abdominals, pull navel into spine

Wide Position



- Note: Rotation is opposite of Regular Position
- Hands placed two hand widths wider than shoulders
 - Body alignment - same rules apply as Regular Position
 - Down position - elbows point straight out

Close Position



- Hands should be directly below shoulders
- Body alignment - same rules apply as Regular Position
- Elbows go straight back as you rotate outward to the down position

Knee Modification

Less Intensity



- Feet remain off the floor
- Hips in line with thighs
- Contract abs - pull navel into spine
- Back straight with head and neck over shoulders
- Include with Regular, Wide and Close Positions in your Workouts

Chair Modification

More Intensity



- Use stable, stationary chair (e.g. on a level non-slip surface)
- Set hand position first

- Raise one foot at a time onto chair
- Slowly lower chest to floor

WARNING

Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment, please check it for worn or damaged parts. If wear or damage is found, stop using the equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use if you weigh over 300 lbs/136 kg. Using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Perfect Fitness products you can visit our website www.perfectonline.com for more information.

Do the back side of this poster in our exclusive 2 Minute Drive workout, or check it to help with your form, and a simple substitute to increase your pushup count in 21 days.

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Joacim Rocklöv



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