

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, definition and endurance regardless of the level of fitness you are at now. Subscribe to our website to receive notifications of new and more challenging workout drills as they become available.

Regular Position



UP

Pointers

Hands slightly wider than shoulder width apart
Neck, Back & Legs in alignment
Head neutral - Ears remain above shoulders



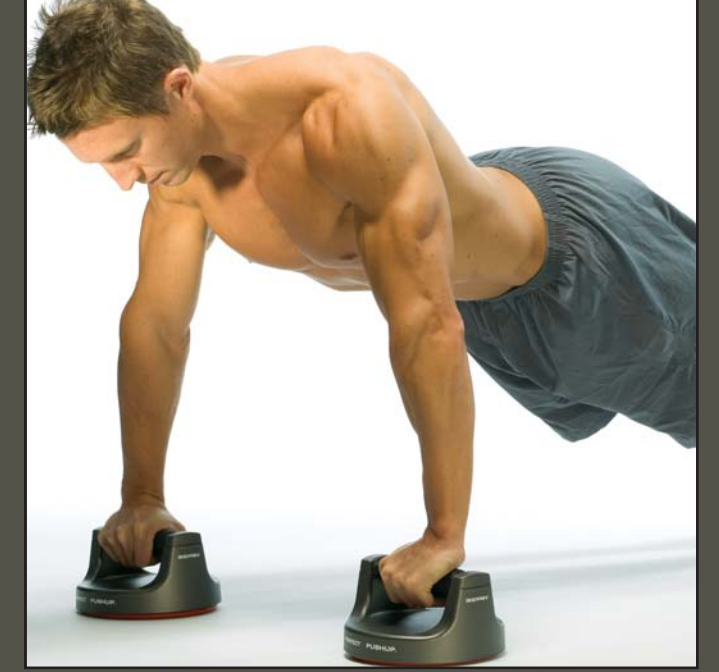
MID



DOWN

Pointers

Slowly lower yourself to the Down position
Chest should align with top of Perfect Pushup handles
Reverse rotation as you press back to the Up position



UP

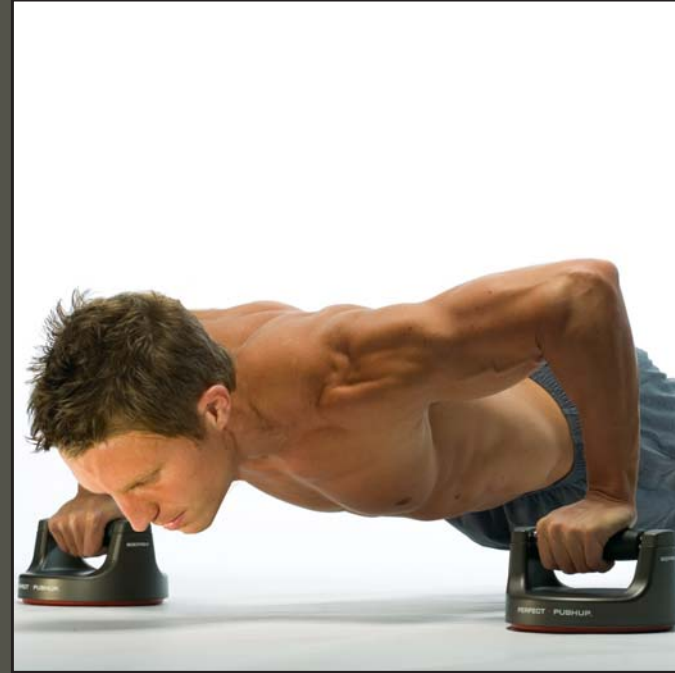
Wide Position



UP

Pointers

Hands two hand widths wider than shoulder width apart
Body alignment - same rules apply as Regular Position
Down position - Elbows point straight out.



DOWN



UP

Pointers

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

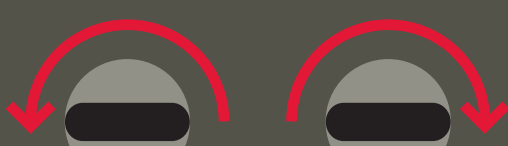


DOWN

Modified Workouts

With these exercises there's no excuse not to complete a 2 minute drill!
Use these modifications to increase or decrease the intensity of your workout.
If you struggle to complete the routines, do knee pushups until you build up enough strength to perform them from the upright position. If the routine is too easy, add some chair pushups.

Knee Position



UP

Pointers

Feet remain off the floor
Follow position rules required for your exercise
(Regular Position shown)



DOWN



UP

Pointers

Use stable, stationary chair(s)
Set hand position first
Raise one foot at a time onto chair
Slowly lower to floor until familiar
(Regular Position shown)



DOWN

Checklist

<input checked="" type="checkbox"/>	Head	Neutral position - ears in line with Shoulders and Spine
<input checked="" type="checkbox"/>	Back	Straight, in line with Neck, Hips & Legs
<input checked="" type="checkbox"/>	Hips	Rotate toward floor
<input checked="" type="checkbox"/>	Abs	Contract abs - pull navel toward spine
<input checked="" type="checkbox"/>	Legs	Straight, knees in line with hips
<input checked="" type="checkbox"/>	Pace	2 seconds per pushup. 1 second down, 1 second up
<input checked="" type="checkbox"/>	Breathing	We all know it's important, here's how to do it right: get into a rhythm of inhaling on the way down, exhaling on the way up. Counting out loud on the way up will help you to exhale.

Routine - 2 Minute Drills

	MAX	REGULAR	WIDE	CLOSE
0	4, 3, 2, 1 (Knee Pushups)	4, 3, 2, 1 (Knee Pushups)	4, 3, 2, 1 (Knee Pushups)	4, 3, 2, 1 (Knee Pushups)
10	8, 6, 4, 2	8, 6, 4, 2	8, 6, 4, 2	8, 6, 4, 2
20	14, 10, 6	14, 10, 6	14, 10, 6	14, 10, 6
30	20, 12, 8	20, 12, 8	20, 12, 8	20, 12, 8
40	26, 14, 10	26, 14, 10	26, 14, 10	26, 14, 10
50	30, 16, 12	30, 16, 12	30, 16, 12	30, 16, 12

Schedule

DAY 1 MAX Regular 1 Wide 1 Close	DAY 2 OFF	DAY 3 1 Regular 1 Wide 1 Close	DAY 4 OFF	DAY 5 1 Regular 1 Wide 1 Close	DAY 6 OFF	DAY 7 2 Regular 1 Wide 1 Close
DAY 8 OFF	DAY 9 2 Regular 1 Wide 1 Close	DAY 10 OFF	DAY 11 1 Regular Chair 1 Regular 1 Wide 1 Close	DAY 12 OFF	DAY 13 1 Regular Chair 1 Regular 1 Wide 1 Close	DAY 14 OFF
DAY 15 2 Regular Chair 1 Wide 1 Close	DAY 16 OFF	DAY 17 2 Regular Chair 1 Wide Chair 1 Close Chair	DAY 18 OFF	DAY 19 OFF	DAY 20 1 Set MAX	DAY 21 Get Fired Up for the next workout!

Customize

Creates a customized workout with this chart | Start with a simple test - perform as many regular pushups as you can without stopping and using good form. This is called a One Set Max. Look at the left column and find the number closest to your One Set Max number. If your Max is 12 for example, use the 10 row for your custom workout. If it's 17, then use the 20 workout. If it's 15, be honest with yourself and go up or down depending on how well you stayed in good form doing your Max.

Workout Routine | You'll perform U.S. Navy SEAL style Two Minute Drills using the Perfect Pushup. Start with regular pushups. Look up your Max on the Routine Chart. If you have a Max of 10 your REGULAR workout is [8, 6, 4, 2]. This means you perform 8 regular pushups, then rest, perform 6, rest, perform 4, rest, and finish with 2 - all within 2 minutes. At your own pace throughout the day, perform two min drills to complete the WIDE and CLOSE pushups.

Notes | If you struggle to complete the routines, do them from your knees until you build up enough strength to perform them completely from the upright position. If the routine is too easy, add some chair workouts. Retest your Max after every ten workouts and move up the workout scale as your strength increases.