

Perfect.PUSHUP®

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.

Visit www.perfectonline.com/worksheets to see our diverse selection of total body workouts.

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. a metal mesh stool surface)
- Set hand position first

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

WARNING

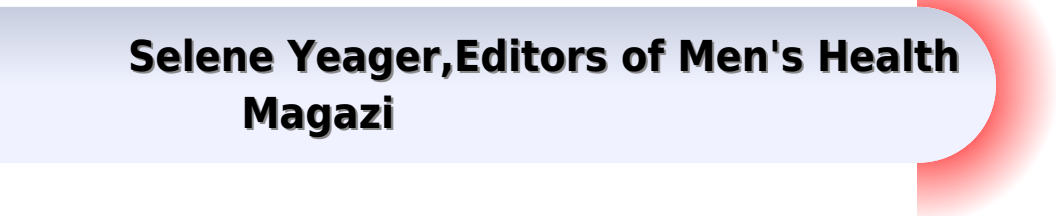
Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never 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. Flaming 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.

On the back side of this poster is our exclusive 2 Minute Perfect workout, a checklist to help with your form, and a simple schedule to increase your pushup count in 21 days.

Perfect:
FITNESS

Perfect Pushup Workout Guide

**Selene Yeager, Editors of Men's Health
Magazi**



Perfect Pushup Workout Guide:

The Men's Health Big Book of 15-Minute Workouts Selene Yeager, Editors of Men's Health Magazine, 2011-10-25 Men love shortcuts If there is a way to accomplish a job quicker and more efficiently they're all for it That goes for work and working out Now new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism his fat burning furnace as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes The Men's Health Big Book of 15 Minute Workouts contains fast paced circuit training and interval workouts that boost calorie burn build muscle and fry belly fat in half the time of regular workouts Readers can choose from at home body weight only workouts and total body barbell programs to exercises that target major muscle groups the chest arms legs and back and sport specific workouts Other highlights include a special section of 15 minute core workouts to build a rock hard six pack an eating plan with delicious meals that take 15 minutes or less to prepare workouts for the office or when you're traveling and can't make it to the gym hundreds of tips from America's best trainers nutritionists and exercise scientists *Calisthenics: Complete Step by Step Workout Guide to Build Strength (Accelerated Beginner's Guide to Calisthenics and Strength)* Carolyn Thompson, 2022-01-13 Calisthenics is a natural fitness to a similar degree as bodybuilding exercises The benefit of calisthenics over bodybuilding is that calisthenics requires little to no additional equipment You need your body This book contains different calisthenics exercise routines and six months calisthenics exercise plan for beginner to experts Here is a preview of what you'll learn What is calisthenics workout Why choose it over other workout The three secrets of calisthenics Tips before starting Beginner routines Intermediate routines Expert routines Killer abs workout How to keep motivated This book will teach you how to build muscle with calisthenics how to get started on your calisthenics journey build strength using calisthenics and construct your own workout regimen Do you not know how to do the exercises Don't worry This book has all the exercises you need and it teaches you how to do them **Guide to Bodyweight Strength Training 2.0** Steve Antell, Guide to Bodyweight Strength Training 2.0 1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only Don't have time to go to the gym Great You can get the same results by working with your bodyweight Don't get me wrong Working out is great but it should not consume your life It should enhance it in every aspect give you more energy and keep you healthy in the long run Save the time you spend going to the gym and use that extra time to do other meaningful things With this book I want to give you my best advice on how to get fit at home with minimal equipment and use of time Instead of just giving you training advice only I will equip you with Training tool which you can use to plan and log your workouts and track your progress All the programs presented in this book are pre-made to the tool so all you have to do is follow along and log your training sessions Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises Calorie and macro calculator to estimate proper

calories and macronutrients depending on your goal Meal planning tool and example meal plans that helps you to plan ahead some basic meals And also a weight tracking tool to track your bodyweight Cheat sheet including all the exercises and progressions with youtube links The training programs and bodyweight training progressions will work for beginners and intermediates and get you far I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions I will give you a tool that includes these programs allows you to track and plan your workouts for future success The tool will also include youtube video examples on each exercise In order to cover all 100 exercises I will not present any of the exercises in this book in picture format With video examples you will have a better chance of getting the exercise form correct right away You will also get the exercise cheat sheet which has all the exercises listed with video links There is a section at the end of this book on how to use the tracking tool You will need some basic equipment such as a pullup bar suspension trainers or gymnastics rings But I will also present alternatives if you don t have some of the equipment available and also give you instructions on what household items you can use for exercise Such as the kitchen counter sturdy chairs and a dining table will get you going And if you wish you can do weighted bodyweight exercises by simply using a weighted backpack What s new compared to the first edition Updated training tool with some visual upgrades New alternative exercises you can use for progression and some exercises were removed Three approaches to get your first pullup Ring training is included in the training tool for dips and push ups for those who like to train with rings Also progression to full ring dip with rings only if you don t have parallel bars available Improved exercise and video library More content More detailed chapter on dieting for fat loss muscle gain and maintaining About 50% more content compared to the previous version Updated units to support both lbs kg and cm inch units in the book So you don t have to convert numbers on your own based on your preferred unit of measurement There is a paid supporter version of this book The content is the same as on this free version You can find the supporter version here Google Play <https://play.google.com/store/books/details?id=bR1dEAAAQBAJ> Amazon <https://www.amazon.com/dp/B09S3VQ7CZ> Kobo <https://www.kobo.com/en-ebook/guide-to-bodyweight-strength-training-2-0-supporter-version>

Physical Best Activity Guide Physical Best (Program),2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Middle and High School Levels has been used with much success across the United States and for good reason The text contains 70 easy to use instructional activities ranging from noncompetitive to competitive and from less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all

students regardless of skill level or disability and students will learn how to set realistic goals manage their activity levels and remain healthy throughout their lives In addition this text offers the following features A Combined Component Training chapter combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events Physical Best Activity Guide Middle and High School Levels developed by the National Association for Sport and Physical Education can stand alone or be used in conjunction with Physical Education for Lifelong Fitness The PhysicalBest Teacher s Guide Third Edition and Physical Best Activity Guide Elementary Level Third Edition It can also be used with Fitnessgram Activitygram an activity assessment and computerized reporting system and the Fitness forLife resources for middle school and high school Fitness for Life is a comprehensive program promoting lifetime health related fitness

Guide to Bodyweight Strength Training 2.0 - SUPPORTER VERSION Steve Antell, Guide to Bodyweight Strength Training 2 0 1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only Don t have time to go to the gym Great You can get the same results by working with your bodyweight Don t get me wrong Working out is great but it should not consume your life It should enhance it in every aspect give you more energy and keep you healthy in the long run Save the time you spend going to the gym and use that extra time to do other meaningful things With this book I want to give you my best advice on how to get fit at home with minimal equipment and use of time Instead of just giving you training advice only I will equip you with Training tool which you can use to plan and log your workouts and track your progress All the programs presented in this book are pre made to the tool so all you have to do is follow along and log your training sessions Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal Meal planning tool and example meal plans that helps you to plan ahead some basic meals And also a weight tracking tool to track your bodyweight Cheat sheet including all the exercises and progressions with youtube links The training programs and bodyweight training progressions will work for beginners and intermediates and get you far I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions I will give you a tool that includes these programs allows you to track and plan your workouts for future success The tool will also include youtube video examples on each exercise In order to cover all 100 exercises I will not present any of the exercises in this book in picture format With video examples you will have a better chance of getting the exercise form correct right away You will also get the exercise cheat sheet which has all the exercises listed with video links There is a section at the end of this book on how to use the tracking tool You will need some basic equipment such as a pullup bar suspension trainers or gymnastics rings But I will also present alternatives if you don t have some of the equipment available and also give you

instructions on what household items you can use for exercise Such as the kitchen counter sturdy chairs and a dining table will get you going And if you wish you can do weighted bodyweight exercises by simply using a weighted backpack What's new compared to the first edition Updated training tool with some visual upgrades New alternative exercises you can use for progression and some exercises were removed Three approaches to get your first pullup Ring training is included in the training tool for dips and push ups for those who like to train with rings Also progression to full ring dip with rings only if you don't have parallel bars available Improved exercise and video library More content More detailed chapter on dieting for fat loss muscle gain and maintaining About 50% more content compared to the previous version Updated units to support both lbs kg and cm inch units in the book So you don't have to convert numbers on your own based on your preferred unit of measurement

Fannie Rutt's MURPH WORKOUT GUIDE Fannie Rutt,2022-01-27 Discover a Unique Workout Guide That Will Help You Get in the Best Shape of Your Life Do you feel like you're plateauing at the gym Does it seem like you do not see any significant progress Do you feel frustrated and unmotivated to work out If so it's time to bring some novelty into your workout routine With so many different workout guides on the market it's hard to find the one that's right for you So if you're curious about trying some new training techniques look no further than thisMurph WorkoutGuide While other workout guides offer you some basic training techniques the Murph WorkoutGuidepicks up and continues right where all the other guides have failed you With scientific research to back them up this guide includes the right strategies that will help you break past the plateau and get the physique of your dreams Whether you want to achieve the physique of your dreams or just improve your stamina the expert advice and proven training techniques you'll find in thisMurph Workout Guide will surely help you With the help of this guide you'll learn how to Create a perfect workout routinewhether you're an experienced lifter or if you prefer home workouts Train to achieve hypertrophyif that's your workout focus Make short workouts more efficientby introducing various trainingstrategies Adjust your workout routine easilyby being open to new ideas in and out of the gym And so much more Achieve your fitness goals and get the body of your dreams by following expert advice inside this book If you're looking to move past the plateau in the gym and become more physically fit this easy step by step guide will help you change your life forever So what are you waiting for

Fit, Fueled & Fabulous A BYB Fitness Guide for Women Over 50 Dr. Cynthia Simon,2025-07-22 You didn't come this far to only come this far At a certain point you realize this next chapter is yours to claim Fit Fueled Fabulous is your empowering guide to reclaiming your strength energy and confidence as you step boldly into midlife and beyond This isn't about shrinking or extreme diets It's about honoring your body shifting your mindset and celebrating what's possible right now Whether you're in your 40s 50s 60s or 70s this book meets you where you are and helps you move forward with purpose Inside you'll find holistic age smart strategies to help you Build a fitness routine that energizes your life not drains it Strengthen your body and protect your joints with smart effective training Fuel your vitality with balanced nutrition no fads or restrictions Break free from the scale and build unshakable confidence

Manage stress and master your mindset Embrace recovery joy and lifelong wellness without apology Built on the BYB Be Your Best philosophy this guide unites mind body and nutrition to help you live powerfully and unapologetically Because this isn't about slowing down it's about shifting gears with wisdom strength and unstoppable grace Your Fit Fueled Fabulous life starts now Let's go Pushup Central - the TIPS! Rahul Mookerjee, 2023-04-17 **DISCLAIMER** As with my other course Pushup Central and every thing else I teach in all my businesses products books courses and manuals be damn sure you're in good physical health before attempting the exercises in this course Now these exercises will GET you into the best shape of your life if you aren't already but what I am saying is don't just jump from a perch on the sofa to Everest as I state in my other books work up to everything All in dew time as a person recently told me so it works for life fitness everything else Second read these tips not in place of but WITH those in Pushup Central The author is not a medical professional although he has more and useful practical knowledge than most actual medical professional will let on beyond the facade of repeated hospital visits to fatten their wallets and he promises if you DO the thing your abdomen will have the exact opposite impact All puns aside though I Was serious there the advice in book does not take place of that dispensed by a qualified medical professional contact your doctor or medical provider if you have any doubts stop if you experience actual pain and so forth I hate to have to say all this but I do With that said onward **INTRODUCTION** and why I wrote this book Phew that was a long intro wasn't it or disclaimer So I'll keep it short here no pun intended or I'll TRY and keep it short Basically many of the same reasons I wrote Pushup Central I.e pushups being the mainstay of any serious fitness enthusiast's routine yet being roundly ignored by most folks dispelling the they're too easy or too boring B S you keep hearing about them anyone that says that is an utter fool that hasn't done 'em right or has no clue on how to how they only build endurance **WRONG** Ask Mike Tyson Herschel Walker Ken Shamrock and a host of other illuminaries for one even better DO 'em yourself and you'll see and even if that's all they built what most people need today is a dose of Energizer Bunny if you get my drift what with all the I'm always sick or tired nonsense going on because pushups build every part of your body and turn you into an **IRON** being literally **INDESTRUCTIBLE** as a reader wrote in about Pushup Central Because they build a core of steel the grip of Cain and more you've always wanted legs like pillars yes they reduce fat **SMELT** fat in record time I should say yada nada schnada And more and either go to the benefits portion of this book or in Pushup Central and you'll read more I could literally wax lyrical all day on this Point being though the same two reasons why I despite not liking them too much do a lot of videos It's nigh impossible to put all your knowledge in one book Even if you write that book for years you keep learning the day you put out the book is the day you learn something new and that's how it is you **NEVER** stop learning As I said in 0 Excuses Fitness that is as close to true mastery as you can get if you were to ask the great Bruce Lee that he'd tell you the same thing too And the same thing goes with non videos Hence an FAQ on pull ups and handstand pushups Hence Gorilla Grip **TIPS** And hence this book In it you'll find ignored forgotten but **EXTREMELY** valuable gems nuggets of info that will add to what you learn in Pushup

Central and if used correctly they will SKYROCKET your gains beyond belief Perhaps thats why the benefits section in this book is longer than in Pushup Central In the trenches learning is the best learning anyone can hope to receive from the school of HARD knocks or hard workouts And thats the style I bring this to you in as with all my other writing Dont just READ these tips and forget about em Don t just implement them once and forget about em They deserve to be in your mind every time you knock out a pushup workout or even a set they re that important and you ll soon see why once you start implementing That said onward BENEFITS YOU LL GET FROM NOT JUST READING but IMPLEMENTING what is taught in this one of a kind course or manual what have you I love that word manual and word to the WISE these are all benefits you can get from Pushup Central the EXTRA parts in PURPLE are the adds on you get HERE in addition to the above A rock solid midsection and a core that looks like it s carved from STEEL I don t care if you re a boxer or martial artist or just the everyday blob hehe sorry but sometimes one has to be honest we could ALL use that sort of a midsection not to mention the six pack doncha think Your abs will literally HURT smoulder and POP like never before when you implement the EXTRAS IN these tips If you ve been suffering from IBS or flatulence or those annoying issues that make you constantly have to go well you might as well kiss them goodbye once you start on these exercises Constipation Whats that The malady that affects almost everyone including fitness gurus and such Well you ll completely forget what the meaning of that word is almost Literally pushups with these magic tips work your entire core from the inside out like NOTHING ELSE AND NO OTHER exercise workout can or WILL Your entire abdominal region and lower back will become rock solid and health issues will become a thing of the PAST Not to mention your hamstrings groin everything will become way more powerful than it is right now and more flexible Implement the tips here in you ll literally get into supreme martial artist shape with persistence as close to Bruce Lee as you can get You ll build a massive upper body shoulders and chest not to mention slabs of MUSCLE all over back especially the upper back and this won t be the bloated gym muscle you see all over the place that looks good but ain t got squat to back it up hehe pun intended And you ll do so while keeping the lean mean and TONED look STEEL AND WHALEBONE Your legs will get the workout of their lives on some of these pushups believe me now and trust me LATER You ll start to lose FAT that unsightly blubber around your waist and midsection specifically within a FEW workouts That s right and this fat loss will be so RAPID you ll not only wonder where the love handles muffin tops bingo wings etc WENT but you ll be scratching your head in amazement at the sheer SPEED you ll lose weight at It won t just be rapid it might well be permanent so well will you be rewiring your body s circuits once you implement these tips You ll literally be huffing puffing and blowing the dang house down Improved digestion is a given not to mention an increased appetite You ll be able to eat more and still not turn into Tubbo i e no more unsightly lard anywhere on your frame You ll be able to fit into clothes you haven t fit into for years Friends and co workers won t believe the rapid changes in you and will ALL want to know the secret let em in on it if you so desire hehe Perhaps the best thing for the average Joe you won t have any excuses left NOT to

workout any more my friend All you have to do is drop down and start on these pushups and as for a space to workout well we ALL have a floor and a few inches of space somewhere don't we Your forearms and grip will increase tremendously Carpal tunnel pain in the wrists etc will become a thing of the past very quickly indeed MY IF there was ONE reason I'd urge you to pay heed to these tips it's that you'll build a gorilla like grip x10 and CLAWS OF PURE STREAMING STEEL when you implement the tips right You'll feel relaxed throughout the entire day and you'll have an unshakeable laser like confidence about you after just a few workouts confidence that others will NOTICE Here cometh the MAN and confidence that will propel you UNWAVERED towards whatever goal you set for yourself COMETH THE HOUR COMETH the man folks will say about you LITERALLY that is the confidence and vibe you'll build with these tips and workouts Increased success with the opposite sex is a by product of these workouts I don't know why but pushups lend themselves to a sort of confident demeanor that women or men will pick up on a sort of feeling you CANNOT get from pounding weights galore at the gym If you can handle your own body from all angles and directions you can handle ah but I'll stop there but you get the picture my friend REAL functional strength that STAYS with you regardless of circumstance or situation You'll be able to carry your damsel up several flights of stairs WITHOUT being out of breath and come moving day you'll be tossing sofas around like no one's business And thus forth Mental strength that CANNOT be beat Believe me once you start doing 100 plus or 250 or even the hallowed 500 pushup number per workout you'll develop an unshakeable sense of mental strength which will allow you not just to achieve nigh any goal you set yourself but also to overcome adversity sometimes of the most harrowing kinds and believe me I've been there on this one And much much more my friend The above is just the proverbial TIP of the iceberg Who is this book for For the every day Joe or Jane that wants to improve their strength and conditioning beyond any sort of belief and quick at that For bloated tubbys looking to lose the lard quick If you're looking to add that extra oomph to an already solid upper body routine this book manual is for YOU If you're looking to build Tyson Herschel Walker like ARMS this book is for you do what the greats did you'll be great too in your way guaranteed natural law of the Universe friend If you're looking to build a REAL 12 pack from the inside out as opposed to the showy tosh at the beach so many guys exult in showing and girls too If you're looking to build strength that never quits on ya amps when you need it If you're looking to build trap power like no other combo of routines can or will build those mountainous GORILLA Traps If you're an ace swimmer elite martial artists triatholoner or Crossfitter looking to UP your game and take it to the next level And lots of other categories not mentioned here Get this NOW my friend It is indeed a MUST HAVE along with Pushup Central Best Rahul Mookerjee

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

Mastering the Handstand Push-up Grant Michaels, 2012-11-14 Master the Handstand Push Up to Develop the Ultimate Strength and Balance Are you seeking a challenge that will put you miles ahead in the fitness game If so then Grant Michaels s *Mastering the Handstand Push Up* is right up your alley This quick book is actually a guide to help you master this exercise one step at a time Michaels understands how difficult of an exercise this can be and he has given you detailed information on how you can accomplish this goal in a reasonable time The handstand and push up each require the body to perform a certain way With this book you will learn how to bring the two together by building your muscle strength and your endurance You will combine this with a sense of balance that is necessary to conquer this workout Why Would You Ever Want to Do a Handstand Push Up It is true that this exercise is not for the faint of heart It is for those who are challenging themselves daily and who are most likely doing some kind of resistance training However anyone can benefit from learning how to do this exercise Although it may take a little extra time if you are not actively participating in strength or resistance training You should still see An increase in strength in the upper body A dramatic increase in your balance that is hard to top with any other exercise An obvious improvement in your core strength which is not matched by exercised balls or balance boards There are also many health benefits that are to be gained from learning to do this exercise either in a freestanding form or even with using wall support You will obviously get better blood flow to your brain and this helps to increase your spatial awareness Your blood flow is being increased which can have a positive impact on your overall well being The cardiovascular and digestive systems are both helped when this exercise is performed How Will This Book Help You Perform This Exercise Michaels has divided his guide into five steps These steps are there to help you first develop the skills necessary to be able to do a handstand push up Step 1 This will help you build your endurance and become an expert at the standard push up Step 2 After you master the push up you will begin descending into the handstand Slowly you will build your endurance Step 3 You will now begin getting your bearings of being in a handstand but not yet is free stand Step 4 You will take your skills developed from the push up exercises and the handstand exercises and put them together in an almost full position Step 5 You are fully ready to take on the handstand push up Do Not Let Fear Stop You Many people do not try to master this exercise for fear of being upside down With Michael s book there is nothing to fear He takes you step by step so that you will have the strength and endurance available to increase your balance a little at a time By the end you will be standing on your hands with a whole new vantage point of the world

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Perfect Pushup Workout Guide Introduction

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