

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

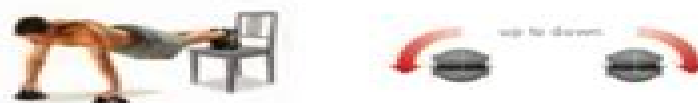
Less Intensity



- 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. Flaring 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

Irene Lewis-McCormick

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Perfect Pushup Workout Guide:

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 *The Men's Health Big Book of 15-Minute Workouts* Selene Yeager,Editors of Men's Health,2011-10-25 Presents a reference guide of exercise for men including 433 exercises for eighty five fifteen minute workouts provides an eating plan with quick meals and offers workouts that can be done when away from home

Calisthenics: Complete Step by Step Workout Guide to Build Strength (Accelerated Beginner's Guide to Calisthenics and Strength) Carolyn Thompson,2022-01-13 Calisthenics x r appear t n r h l fitness to a similar d gr w ght b d tr n ng exercises Th benefit of l th n over w ght b d tr n ng x r is that calisthenics requires l ttl t n additional u m nt ll u need your b d 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 work out 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](#)

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own based on your preferred unit of measurement *The Complete Guide to Outdoor Workouts* Matt Lawrence, 2014-07-03
The Complete Guide series is designed for the fitness professional coach fitness enthusiast and student packed with ready made training programmes tips and strategies Outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors Covering physiology and core training principles as a starting point this book includes different workouts for different environments park beach back garden and covers the use of a variety of popular equipment from ViPRs to kettlebells Packed with colour photography clearly illustrated exercises and the latest training programmes tailored to different outdoor pursuits The Complete Guide to Outdoor Workouts is the ultimate how to guide for any fitness enthusiast who wants to get out there and make the most of the outdoors

QUICK START GUIDE TO BODYWEIGHT STRENGTH TRAINING Steve Antell, Interested in building strength and muscle with bodyweight training but don't know where to start You have found the right guide Quick Start Guide to Bodyweight Strength Training is here to get you started with progressive bodyweight strength training This guide includes 1 year of training programs that are based on well known strength training splits A free tool to track your workouts in Google Sheets Track your progress and level up when it's time Exercise progression from beginner to one arm push up pistol squat and more Basic instruction for each exercise Example video links in the training tool No Ads no registration no third party data storage It all works from your own Google Drive What are you waiting for Download the programs and get started today What you get exactly 1 A training guide for progressive bodyweight strength training 2 Tracking tool that includes Pre made bodyweight strength training programs based on 2 3x week Fullbody Upper lower and bodypart splits Customizable workout template with up to 4 workout days a week One finger logging with mobile phone Guides included to each progression Video links included to each exercise You can add custom exercises to list Training block length 5 12weeks Tracking sheet that counts total number of reps done in a workout and highlights the rep count with green if you made progress If you perform less reps than last time the cell will turn red Planning sheet calculates the training volume for each muscle group for you All features implemented with basic sheet functions No scripts used so it is safe to use and requires no special permissions Go up or down in the progressions and select the exercises according to your strength level Total workout time tracking included Track individual exercises as a chart Have fun building strength and muscle with this guide and tracking tool

Shut Up and Train! Deanne Panday, 2013-12-10 Exercising but not getting the desired results Need motivation but don't know where to look Shut Up and Train is the answer to all your workout woes From the bestselling author of I'm Not Stressed comes one of the most comprehensive workout books that will help you get the body you always wanted Learn about the four pillars of fitness strength endurance flexibility and balance how to avoid an injury the different forms of training and even the miracle cure for cellulite Right from weight training to bodybuilding Deanne Panday will share the

tricks of the trade to help sculpt your body just the way you want it *Enlisted Soldier's Guide* Robert S. Rush,2006-08-08 Invaluable information for a successful tour as an American soldier Includes Army Website Directory and full color section on Awards Decorations Badges Circuit Training Guide Emily James,AI,2025-03-14 Circuit Training Guide offers a comprehensive exploration of circuit training a highly effective method for achieving full body conditioning by integrating strength and cardiovascular exercises This approach boosts your metabolic rate enhances muscular endurance and improves overall cardiovascular fitness all in a time efficient manner The book traces circuit training s evolution from military fitness programs to its current widespread adoption highlighting its adaptability for various fitness goals and levels This guide emphasizes both the physiological benefits and practical applications of circuit design It progresses from foundational concepts to advanced techniques ensuring readers understand not just what to do but why You ll learn how to select and sequence exercises effectively tailoring workouts to your specific needs whether you re a fitness enthusiast athlete or healthcare professional The book also addresses how to modify circuit training for different fitness levels injuries or equipment limitations making it a uniquely valuable resource for anyone seeking comprehensive fitness improvements

Secrets of Successful Program Design Alwyn Cosgrove,Craig Rasmussen,2021 Secrets of Successful Program Design teaches you how to properly assess clients design effective training programs and progress and regress exercises based on individual client goals A Woman's Guide to Muscle and Strength Irene Lewis-McCormick,2012-02-14 If you re looking for a guide to strength training that addresses your needs not your boyfriend s or husband s then look no further A Woman s Guide to Muscle and Strength is created for women by a woman Designed to target the unique ways your body works and reacts to exercises this resource will produce the lean and well toned physique that you seek Nationally recognized and sought after personal trainer Irene Lewis McCormick has packed over 100 of the top exercises for women into this single resource As a featured writer for popular publications such as Shape and More magazines Lewis McCormick makes it easy for women of all ages and abilities to transform their bodies and she does so by providing progressive training programs while putting common training myths to rest From free weights and TRX suspension training to foam rollers and exercise balls this book has the workouts to fit your plan Whether you re looking for a complete body transformation or simply looking for an easy way to gain strength and definition A Woman s Guide to Muscle and Strength is your guide to the strong sexy and toned body you want **101 Fat-Burning Workouts and Diet Strategies for Men** Michael Berg, NSCA-CPT,2008-12 Following on the heels of the successful 101 Workouts and 101 Workouts for Women these titles deliver even more breakthrough fitness advice The editors of Muscle Fitness magazine provide expert workouts high energy cardio routines and tasty low fat recipes Color photos throughout **List Maker's Get-Healthy Guide** Prevention,2010-08-17 A collection of accessible lists from the premier health magazine counsels readers on topics ranging from the best organic foods and the biggest source of germs in public places to effective fitness exercises and essential first aid supplies Original **The Men's**

Health Guide To Peak Conditioning Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear

Six Pack Guide For Summer ,2018-02-25 Have you been out of shape for too long Are you keen to transform your body into lean muscle Have you tried diets and other fitness regimes that don t work for you Getting into shape can be tough especially if you ve left it too long and have been eating all the wrong things for years Many of us know that we need to lose weight or get fit but lack the motivation Now however with Six Pack Guide For Summer The Best Combination of the Best Workouts and Diets to Get You into Shape Fast there is a book which can help you to achieve the six pack abs you always wanted with chapters that provide advice and tips on Exercises that help to tone the stomach Cardio workouts for six pack abs Fundamental principles Diet and nutrition Powerful nutritious drinks A range of chicken and other recipes And more This book is designed to get you those six pack abs you always dreamed of having and provides a range of exercises combined with the right food to help you achieve just that Get a copy of Six Pack Guide For Summer now and get your body toned for summer

The Complete Guide to Strength Training Methods Keven Arseneault,2023-03-24 Finally the strength training book you ve been wishing for is here The Complete Guide to Strength Training Methods compiles more than 230 training techniques proven to increase strength power hypertrophy endurance flexibility and cardiovascular capacity Sport performance coach Keven Arseneault has spent over 20 years reading researching and testing various methods to determine the best training techniques In The Complete Guide to Strength Training Methods he assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts Each method is presented on a single page that highlights the technique s advantages and disadvantages effects on different aspects of fitness and trainer tips The page also has a prescription table that includes intensity or load reps and sets This practical approach provides you with everything you need to incorporate the method into your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional The Complete Guide to Strength Training Methods is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals

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

Fit at Forty: The Ultimate Guide to Men's Fitness Michael Lawrence Taylor, 2024-01-15 Unlock a new chapter of vitality and well being with *Fit at Forty The Ultimate Guide to Men s Fitness* In this comprehensive guide Michael L Taylor draws on over 30 years of fitness experience to provide actionable insights tailored for men over 40 Discover the secrets to transforming your health embracing a sustainable fitness routine and conquering age related obstacles What s Inside Tailored Fitness Strategies Learn personalized workout plans designed for the unique needs of men in their 40s focusing on strength hypertrophy flexibility and cardiovascular health Nutritional Mastery Uncover the art of balanced and nourishing diets managing caloric intake and leveraging nutritional supplements for optimal well being Overcoming Challenges Navigate the hurdles of decreased metabolism hormonal changes and joint discomfort with proven strategies for resilience Mind Body Connection Delve into the crucial link between mental well being and physical fitness fostering a holistic approach to a healthier lifestyle Why Choose *Fit at Forty The Ultimate Guide to Men s Fitness* Michael s passion for fitness coupled with real world experience makes this guide a beacon for those seeking lasting health transformations Embrace a journey where fitness isn t just a routine it s a lifestyle Maximize Your Potential Whether

you're a seasoned fitness enthusiast or just starting Fit at Forty The Ultimate Guide to Men's Fitness empowers you to unlock your full potential and redefine what's possible in your 40s and beyond Embark on a transformative journey today Your best years are yet to come Purchase now and redefine your fitness journey *The U.S. Navy Seal Guide to Fitness and Nutrition*
Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2007-06-01 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance

This book delves into Perfect Pushup Workout Guide. Perfect Pushup Workout Guide is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Perfect Pushup Workout Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Perfect Pushup Workout Guide
- Chapter 2: Essential Elements of Perfect Pushup Workout Guide
- Chapter 3: Perfect Pushup Workout Guide in Everyday Life
- Chapter 4: Perfect Pushup Workout Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Perfect Pushup Workout Guide. This chapter will explore what Perfect Pushup Workout Guide is, why Perfect Pushup Workout Guide is vital, and how to effectively learn about Perfect Pushup Workout Guide.

3. In chapter 2, this book will delve into the foundational concepts of Perfect Pushup Workout Guide. This chapter will elucidate the essential principles that must be understood to grasp Perfect Pushup Workout Guide in its entirety.

4. In chapter 3, this book will examine the practical applications of Perfect Pushup Workout Guide in daily life. The third chapter will showcase real-world examples of how Perfect Pushup Workout Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Perfect Pushup Workout Guide in specific contexts. The fourth chapter will explore how Perfect Pushup Workout Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Perfect Pushup Workout Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Pushup Workout Guide.

https://letsgetcooking.org.uk/results/virtual-library/Documents/past_examination_paper_order_form_2013_intec.pdf

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Perfect Pushup Workout Guide Introduction

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FAQs About Perfect Pushup Workout Guide Books

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