

Perfect.PUSHUP™

Power 10 Workout - Part 1

Perfect.
FITNESS

Quick Start-setup

Step 1: Using the Perfect Pushup, perform as many pushups as you can using good form and without stopping. This number is your One Set Max.

Step 2: Find the number closest to your Max in the first column of this chart and use the second column for the number of reps to do in your workout.

| MAX | DRILL |
|-----|------------|
| 10 | 5, 5, 4 |
| 20 | 14, 10, 6 |
| 30 | 20, 12, 8 |
| 40 | 26, 14, 10 |
| 50 | 30, 16, 12 |

Warning: Sport training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your physician. Always check equipment for worn or damaged parts before using. If any defects are found do not use this product.

Quick Start-schedule

Step 3: Challenge yourself by following the Perfect Pushup Power 10 workout Calendar.

| | | | | | | |
|--------------------|-------------------|--------------------|--------------------|--------------------|--------------------|---------------------------------|
| DAY 1 2 Drills | DAY 2 OFF | DAY 3 3 Drills | DAY 4 OFF | DAY 5 3 Drills | DAY 6 OFF | DAY 7 3 Drills |
| DAY 8 OFF | DAY 9 4 Drills | DAY 10 OFF | DAY 11 4 Drills | DAY 12 OFF | DAY 13 4 Drills | DAY 14 OFF |
| DAY 15 5 Drills | DAY 16 OFF | DAY 17 5 Drills | DAY 18 OFF | DAY 19 5 Drills | DAY 20 OFF | DAY 21 Repeat your 1 set MAX |

Note: Customize your Power 10 Workout schedule by picking the drills that best address the muscles you want to strengthen.



Super Set Slow - Regular

Muscle Focus

- Chest and Triceps

Pointers

- 3 reps up 1/2 way down to all the way up
- 3 reps 1/2 down to all the way down
- 3 reps full range of motion
- Keep breathing steady: inhale down, exhale up

| Max | Drill |
|-----|-------|
| 10 | 3, 1 |
| 20 | 5, 3 |
| 30 | 7, 5 |
| 40 | 10, 6 |
| 50 | 12, 8 |

Perfect Pushup Workout Chart

Steve Speirs

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

Perfect Pushup Workout Chart :

Functional Training for Athletes at All Levels James C. Radcliffe, 2007-01-16 Get ahead of the competition with over 100 muscle coordinating exercises and twenty sports specific workouts Push your muscle development and athletic abilities to incredible new heights with Functional Training for Athletes of All Levels Functional training conditions your body to respond to the strenuous demands of athletic competition This method goes far beyond standard isolation movements done sitting down that simply increase muscular bulk Functional training coordinates your muscles to work together to produce explosive power tightrope walker balance and catlike agility With over 100 exercises illustrated with step by step photos and twenty sport specific workouts this book will help you acquire the athletic movement skills necessary to maximize your performance in any sport Develop a rock solid core for supreme stability Strengthen your trunk for explosive power Sharpen fast twitch muscles for lightning quick responses Coordinate your muscles for full body control Enhance your stabilizers for quick agile movement Functional Training for Athletes at All Levels includes customized sport specific workouts for Baseball Basketball Bicycling Football Golf Gymnastics Hockey Lacrosse Rugby Skiing Soccer Softball Swimming Tennis Track Field Volleyball Wrestling

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 **102 Workouts** Peter Sweeney ,2020-10-12 102 WORKOUTS contains a mixture of all types of workouts varying in intensity and duration for all types of fitness levels Workouts you can expect in this book includes Boxing Bodyweight Plyometric gym weights WODS and Strength Training to These workouts are designed to assist you reach your fitness goals specially designed for Weight Management Muscle Gain Tone Increase Sporting Performance Enhance Cardio Healthy Lifestyle Flexibility Mobility Whether you are a personal trainer or group fitness instructor looking for something different short on time or if you are new to exercise you will find a workout to assist you on your fitness journey 102 WORKOUTS will assist you in achieving your fitness goals The key to achieving your goals is persistence intensity and lifestyle I have always been passionate about assisting others maintain a healthy lifestyle and achieve their fitness goals I find helping others that rewarding that I am offering this book at a affordable price I have assisted many clients over the past 8 years achieve their health and lifestyle goals Now it is your turn Please share this book so together we can help others achieve their fitness goals and a healthier lifestyle just like you will *600 Push-ups 30 Variations* Bob Weinstein,2011-02-14 The best most complete upper body exercise in the world is the push up Lt Colonel Bob Weinstein USAR Ret Take your push ups to a whole new level with thirty different types of push ups from beginner to advanced All 30 types of push ups are clearly described and most are illustrated Sculpt those arms abs chest and back with push ups You will find 5 and 10 week workout plans push ups for men and women world records for push ups the history of push ups and more

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 **The Ultimate Interactive Basic Training Workbook** Michael Volkin,2007 The Ultimate Interactive Basic Training Workbook is a comprehensive interactive guide crafted especially for today s computer savvy recruit When used together with Volkin s original guidebook the Workbook provides every recruit with the inside knowledge of basic training he she needs to not only survive but thrive in the military This remarkabl **7 Weeks to 100 Push-Ups** Steve Speirs,2024-01-02 Crank out 100 push ups Learn how to successfully boost your upper body and core strength and build muscle with the exercise program the New York Times says tests the whole body engaging muscle groups in the arms chest abdomen hips and legs If you re ready to massively increase your strength follow the 7 week program in this book and you ll soon be able to complete 100

consecutive push ups You ll also transform your fitness look great and feel even better as you sculpt every muscle from your neck down to your calves Offering several custom designed day by day plans this book has something for everyone from beginners embarking on a new workout regimen to athletes looking to enhance their strength training program Unleashing the power of the ultimate strength exercise 7 Weeks to 100 Push Ups includes Instruction on how to do a perfect push up Muscle by muscle breakdown of strength building Challenging push up variations Day by day and week by week exercise plans Get ready to unleash the power of the ultimate strength exercise through this proven full body workout

The K*I*S*S* Fitness Program Stephen Winter,2007-09 Get Fit and Stay Fit It is so nice to feel good and to look good The problem of course is how to get from here to there The K I S S Fitness Program is a simple strength and endurance training program that will do the job There are plenty of exercise programs that require the use of fancy equipment This program comes about as close as you can get to requiring no equipment at all The K I S S Fitness Program is also a lot of fun The many variations of the Program keep your interest high and provide as much challenge as you might possibly want Finally almost anyone can use the Program couch potato to athlete kids to senior citizens women or men A simple exercise program for everybody that s fun to use make it a part of your life style and get fit and stay fit Stephen J Winter Ph D has been a fitness enthusiast since his teens He has excelled in weight lifting and distance running and has done well in other sports including rowing swimming and bicycling In recent years he has experimented with the use of simple calisthenics movements in conjunction with walking and running as a means of getting fit and staying fit The K I S S Fitness Program is one result of this experimentation Now Social Security age and still winning fitness contests against men young enough to be his grandchildren he is a good example of the effectiveness of the type of fitness program described in this book Winter is a certified personal trainer and now lives with his family in Norwich New York

Built for Show Nate Green,2008-11-20 Every guy is looking for an edge some way to get single women his age to notice him more than they do now Unfortunately most guys have absolutely no idea what kind of body automatically flips a girl s attraction switch Nate Green does *Built for Show* is the first fitness book to address young men on the prowl It s not just written for them it s written by one of them Green who s just twenty three years old is already a veteran fitness professional who s been quoted in *Men s Health* and *Maximum Fitness* magazines Green offers four twelve week workout programs each with a seasonal theme The fall and winter workouts add muscle size and strength that ll show even under layers of clothing The spring and summer workouts burn fat and chisel the showpiece muscles creating a lean cut beach ready physique But *Built for Show* is more than just a workout book It also provides Realistic nutrition advice to feed the muscles and starve the fat without breaking the bank or spending hours in the kitchen Tips on dressing right looking the part improving your social status and settling into your new lifestyle Quick ways to assess posture with useful exercises to fix flaws and improve self presentation no matter the situation The detailed programs include over fifty exercises illustrated with over one hundred original photos Neither a weight loss

guide nor a body building manual Built for Show instead reveals to guys exactly what they need to build the body they and women want Read Nate Green s posts on the Penguin Blog **Push-up Progression** Shaun Zetlin,2015-01-01 Push up Progression is a 24 push up journey in stabilization strength and power achieved by performing a variety of unique and demanding push up techniques This book discusses how crucial the push up is to training not just the upper body but the core and lower body as well By strength training your core stabilization muscles first and your core movement muscles second you will create overall functional strength while obtaining that lean muscular look we all desire Performing these push ups will also improve your posture drastically while you develop more strength in your upper and lower body The push ups outlined in this book can be performed quickly and conveniently at home or on the road Most importantly no matter your fitness level this book shows you how the push up can benefit everyone The 24 push ups are categorized into sections on stabilization strength and power There are also sections on hand and arm positioning stretching core training and a progression and program section **Scouting** ,1972-11 Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed to strengthen readers abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families *Master the Police Officer Exam* Peterson's,2011-03-01 Peterson s Master the Police Officer Exam prepares readers for the written exam educates them on the physical skills they need and gives them valuable tips to succeed during their interview and psychological screening They will find an overview of the duties of police officers and the qualifications required Test takers can prepare with five practice tests and comprehensive review material covering the three types of questions that appear on the written police examination practice judgment reading based and observation and memory The guide also includes indispensable appendixes that give a comprehensive outline of what to expect once trainees are accepted into the police academy along with a sample physical fitness course Peterson s Master the Police Officer Exam helps readers navigate the police application and screening process *Master the Police Officer Exam: A Career As A Police Officer* Peterson's,2011-03-01 Peterson s Master the Police Officer Exam A Career as a Police Officer provides an overview of the duties of police officers and the qualifications required It also gives an overview of the organization and functions within municipal police forces The guide also includes indispensable appendixes that give a comprehensive outline of what to expect once trainees are accepted into the police academy along with a sample physical fitness course Peterson s Master the Police Officer Exam helps readers navigate the police application and screening process For more information see Peterson s Master the Police Officer Exam **The 90-Day Home Workout Plan** Dale L. Roberts,2018-12-05 Are you looking for simple home workout routines for men Do you want to know how to build muscle and lose fat forever Then The 90 Day Home Workout Plan is for you Get time tested and proven home workouts for men that ll get you burning fat building muscle and feeling great in no time With over 3 months of workout routines you ll get on track and

stay on track for good **You Can Get Buff at Home** Zac Miller, Come Closer I Want to Tell You a Secret The fitness world wants you to believe getting buff is complicated That you need exhausting two hour workouts That you need endless supplements complicated programs and expensive gym memberships Here s the real truth Building muscle comes down to two things Consistency Diet not endless workouts Not fancy equipment Not starving yourself or living at the gym You see working out is just a small sliver of what it takes to build muscle The much more important aspect to muscle growth is what you eat And that s exactly why two hour long gym sessions are actually a hinderance to progress they cause burnout The guys who actually get buff aren t necessarily training harder they re training smarter They re following a workout routine diet they can stick to Every day For life That s exactly what this book gives you This isn t just another workout program It s a mindset shift A sustainable science backed approach to building muscle that fits into your real life with short high intensity workouts You ll finally understand Why short daily high intensity bodyweight workouts outperform hours long gym marathons Why diet is the real key to muscle growth and how to set it up without making food a full time obsession How to do every exercise step by step with photo and video demonstrations included to ensure perfect form and maximum results How a real world bodybuilder used these exact methods and the eye opening results he achieved Why consistency not complexity is the real driver of transformation The fitness myths and half truths that have kept you spinning your wheels and what actually works Backed by real science Designed for real life Built around real lasting results Imagine waking up every day knowing exactly what you need to do and it only takes a few minutes Imagine getting stronger looking better and feeling proud of the person you see in the mirror all without rearranging your life around the gym Ready to make it happen Scroll up and grab your copy now Consistency is what builds muscle And this system is designed to make consistency effortless No endless meal prepping No 90 minute bro splits No getting lost in complicated routines Just short powerful daily workouts that actually stick And a diet plan that s easily manageable If you ve ever felt overwhelmed trying to sort through a hundred different fitness opinions If you ve ever started a workout plan only to quit because it was too demanding If you ve ever thought I just don t have time to get in shape Scroll up and grab your copy today and start your transformation Still skeptical Good This book isn t about magic tricks It s about giving you a plan that works because you can actually stick to it Short high intensity workouts Simple diet structure All at home and in just a few minutes a day No hacks No magic formulas Just simple daily action that transforms everything If you want real change you start today And you don t look back Scroll up smash that Buy Now button and start building the strong muscular body you want right now [12 Week Workout Plan](#) Scorpio Digital Press,2025-07-15 Body Building Plan and Scheduled Workout If you go searching you ll be able to see that the health and fitness trade is full of corporations who promise you fast weight loss or the tested set up hoping to part you from your hard earned money The truth is most of those are trifling and you aren t attending to see results The best results don t come from a drink or a pill most of the results that you see from these is because the placebo effect and people are willing to work more

durable on their diet and exercise program once taking the pill instead of however nice the pill works Diet and exercise are the foolproof ways in which for you to slim down It does not matter what your best friend has used when you eat the right foods and exercise hard enough you are going to get results And it s not all regarding count calories although this is very important You need to select out the correct varieties of food A bag of M you ll quickly catch on and see some wonderful results After simply a couple of weeks you will feel stronger see more lean muscle in your body and even see some amazing weight loss Just follow the program outlined and go through each phase and the results are yours In this guidebook you will get all the workouts that you need to keep busy and see results in just 12 weeks In addition we will spend some time talking about stretching how to get the proper nutrition and some tips to stay safe while working out This is AN intense program however it s meant to provide you results In just a few weeks you will feel stronger and will start bragging about how great you look Scroll up the page and click on BUY NOW for getting plan scheduled **Full Circle Fitness** Rebecca

Eastman,Patricia Ryan,1990 All the benefits of a personal trainer are available in this book without the high price The latest discoveries in sports medicine and exercise physiologyare explained to give the reader a safe reliable and gradual workout 127 line drawings 12 photographs **Fitness für Geeks** Bruce W. Perry,2013-02-01 F r einen echten Geek ist Fitness eine Wissenschaft wie jede andere auch Klar dass er sich dem Thema systematisch mit viel Neugier und mit dem richtigen Humor n hern will Er m chte die richtigen Hacks kennen um seine Ziele schneller zu erreichen und vor allem die tiefergehenden Gr nde warum dies so ist Endlich gibt es das passende Buch f r ihn Fitness f r Geeks Hier lernt er interessante Apps und Widgets f rs Training kennen und erf hrt allerhand Wissenswertes z B ber die Bausteine der Ern hrung und sekund re Pflanzenstoffe Nat rlich findet er auch jede Menge Tipps wie er sein System mit Hilfe von Bewegung rebooten kann etwa mit Joggen oder sorgf ltig geplanten Runden im Fitnessstudio Auch spontan ausf hrbare Fitnessprogramme fehlen nicht wie z B die Airport Fitness Hacks durchf hrbar bei langen Aufenthalten in Flugh fen Der Autor nat rlich ein echter Geek wei wovon er spricht Er hat f r O Reilly Media zwei Programmierb cher geschrieben und an Hunderten Stra enrennen sowie vielen anderen Sportereignissen teilgenommen **Physical Best** Physical Best (Program),2019 Physical Best Fourth Edition is an all

inclusive resource that combines three previous books in one The text is updated to address SHAPE America s standards and outcomes and to reflect the latest research and best practices More than 100 activities for K 12 students are offered on the accompanying web resource **FitnessGram Administration Manual** The Cooper Institute,2017-01-06 The best just got better FitnessGramis the gold standard for assessing the health related fitness and activity levels of youths The Cooper Institute has updated the FitnessGram Administration Manual with new material to ensure that FitnessGram is the most comprehensive and informative program that can drive meaningful behavior change and set up children for a healthy future The fifth edition of FitnessGram Administration Manual The Journey to MyHealthyZone offers K 12 teachers two primary assessment resources that allow them to produce individualized reports for each student in their class FitnessGram provides

a complete battery of health related fitness assessments that are scored using criterion referenced Healthy Fitness Zone standards The standards are age and sex specific and are based on how fit children need to be for health New to this fifth edition Audio of cadences and videos and photos for test protocols making it easier for you to administer tests A chapter on communicating with stakeholders students parents faculty and staff administrators and the community A chapter on data mining and using data to inform your instruction and help you make sound curricular decisions A design that enhances your ease in using the material and administering the tests You will learn how to administer the tests interpret the results and provide feedback to your students on their results FitnessGram Administration Manual also offers a web resource that includes video clips that demonstrate the assessments audio for the PACER curl up and push up tests and reproducible forms Through FitnessGram you can assess children s fitness in these areas Aerobic capacity Muscle strength Muscular endurance Flexibility Body composition Several test options are provided for most of those areas one test item is recommended As a FitnessGram user you also have access to everything the Presidential Youth Fitness Program has to offer The Presidential Youth Fitness Program helps physical educators assess track and recognize youth fitness and physical activity Through this program you are also provided with the following Instructional strategies for promoting student physical activity and fitness Communication tools to help physical educators increase awareness about their work in the classroom Options for recognizing fitness and physical activity achievements This latest version of the FitnessGram Administration Manual The Journey to MyHealthyZone is your guide to conducting the test protocols recording the data interpreting the results and sharing those results in ways that will encourage students to be physically active and adopt healthy behaviors throughout their lives

Perfect Pushup Workout Chart Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Perfect Pushup Workout Chart**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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