

WORKOUT CHART

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

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

Regular Position

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

Wide Position

Note: Rotation is opposite of Regular Position

- Hands placed two hand widths wider than shoulders
- Body alignment - same rules apply as Regular Position
- Down position - elbows point straight out

Close Position

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

Knee Modification Less Intensity

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

Chair Modification More Intensity

- Use stable, stationary chair(s) on a level non-skid 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. If using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Perfect Fitness products you can visit our website www.perfectonline.com for more information.

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

Define Your Pushup Workouts

- Step 1** Using the Perfect Pushup® Basic, perform as many REGULAR POSITION pushups as you can using good form and without stopping. This number is your **1 Set Max**.
- Step 2** On the chart to the right, find the number closest to your 1 Set Max in the first column of the **2 Minute Drills** chart and use that row for the number of repetitions in your workout. (If your Max is 12, use the 10 row. If it's 17, then use the 20 row. If it's 15, go up or down depending on how well you maintained perfect form doing your 1 Set Max.)
- Step 3** Start by using the 2 Minute Drills chart. For example, if your REGULAR POSITION workout is "8, 6, 4" this means you perform 8 regular pushups, rest, perform 6, rest, and finish with 4 – all within 2 minutes. At your own pace throughout the day, perform 2 Minute Drills to complete the WIDE and CLOSE POSITION pushups. See the chart below as an example of how to establish a long term routine.
- Notes** If you struggle to complete the workouts, do them with the KNEE MODIFICATION until you build up enough strength to perform them completely without kneeling. If the workouts are too easy, add some CHAIR MODIFICATIONS. Retest your 1 Set Max after every 21 days and move up the workout chart.

2 Minute Drills



1 Set Max	Regular Position	Wide Position	Close Position
0	4, 3, 2, 1*	4, 3, 2, 1*	4, 3, 2, 1*
10	8, 6, 4	8, 6, 4	8, 6, 4
20	14, 10, 6	14, 10, 6	14, 10, 6
30	22, 14, 8	22, 14, 8	22, 14, 8
40	26, 14, 8	26, 14, 8	26, 14, 8
50	30, 16, 8	30, 16, 8	30, 16, 8

* use KNEE MODIFICATION

Perfect.PUSHUP® Checklist

- | | | | |
|-------------|--|----------------|---|
| Head | Neutral position - ears in line with shoulders and spine | Legs | Straight, knees in line with hips |
| Back | Straight, keep lower back flat | Pace | 2 seconds per PUSHUP – 1 second down, 1 second up |
| Arms | As you lower chest, upper arms are parallel to floor | Breathe | Inhale on the way down, exhale on the way up |
| Abs | Contract abs - pull navel toward spine | | |



Increase Your Pushup Max in 21 Days

- Day 1** Test your 1 Set Max doing REGULAR POSITION pushups. Add 2 Minute Drills for WIDE and CLOSE POSITION pushups.
- Days 2 – 7** Do 2 Minute Drills for REGULAR, WIDE, and CLOSE POSITION pushups at various intervals throughout the day.
- Days 8 – 20** Increase your sets and add variety (see example pushup schedule below)

- Day 21** Retest your 1 Set Max and start your 21 day Workout Schedule again.

- Notes** Perform your 2 Minute Drills at your own pace during the day. We recommend warming up before performing any workout. Perform the drills 1-4 times per week, incorporating them into your overall training schedule. Never do more than your body can comfortably accomplish.

Use the following 21 day workout schedule as an example of how to incorporate your 2 Minute Drills into your training schedule.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 Regular 1 Wide 1 Close	OFF DAY	1 Regular 1 Wide 1 Close	OFF DAY	1 Regular 1 Wide 1 Close	OFF DAY	2 Regular 1 Wide 1 Close
Day 8 OFF DAY	Day 9 2 Regular 1 Wide 1 Close	Day 10 OFF DAY	Day 11 1 Reg Chair 1 Regular 1 Wide 1 Close	Day 12 OFF DAY	Day 13 1 Reg Chair 1 Regular 1 Wide 1 Close	Day 14 OFF DAY
Day 15 2 Reg Chair 1 Wide 1 Close	Day 16 OFF DAY	Day 17 2 Reg Chair 1 Wide Chair 1 Close Chair	Day 18 OFF DAY	Day 19 2 Reg Chair 1 Wide Chair 1 Close Chair	Day 20 OFF DAY	Day 21 Retest your 1 Set Max

NOTE: The sample pushup schedule above is meant to supplement physical training and is not meant as a replacement for a well-rounded workout routine. Please exercise caution when integrating pushups into your existing training program and listen to your body: if there is pain, do not proceed! As with any balanced training regimen, be sure to integrate total body resistance training, cardiovascular and flexibility sessions into your workouts.

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