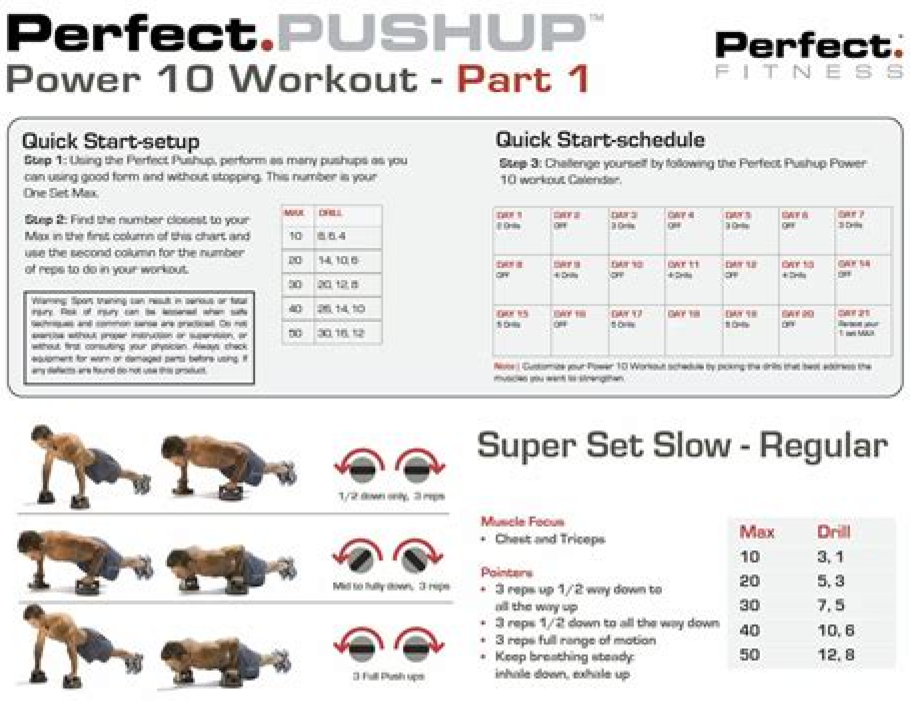
Perfect Pushup Workout Chart



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	8, 6, 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	DAY 19 5 Drills	DAY 20 OFF	DAY 21 Retest 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

1/2 down only, 3 reps

Mid to fully down, 3 reps

3 Full Push ups

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 is an essential guide for anyone looking to enhance their upper body strength and improve their overall fitness. Push-ups are a versatile exercise that can be performed anywhere, making them a staple in many workout routines. However, to maximize their effectiveness, it's crucial to have a structured approach. In this article, we will explore the perfect pushup workout chart, different variations, and how to integrate them into your fitness regimen.

Understanding Push-Ups

Push-ups are compound exercises that primarily target the chest, shoulders, and triceps. They also engage the core and lower body muscles, making them a comprehensive workout option. The beauty of push-ups lies in their adaptability; you can modify them to suit your fitness level or to target specific muscle groups.

Benefits of Push-Ups

Incorporating push-ups into your workout routine offers numerous benefits, including:

- **Strength Building:** They enhance upper body strength, focusing on the pectorals, deltoids, and triceps.
- **Core Stability:** Push-ups require core engagement, helping to improve your overall stability and balance.
- **Convenience:** They can be performed anywhere, without the need for equipment.
- **Variability:** There are countless variations to target different muscle groups and keep your workouts interesting.
- **Endurance:** Regular practice can increase muscular endurance and overall fitness levels.

The Perfect Pushup Workout Chart

To achieve the best results from your push-up training, it's important to follow a structured workout chart. Below is a comprehensive push-up workout chart that caters to different fitness levels.

Beginner Level

For those new to push-ups, it's important to start with basic variations to build strength and proper form.

1. **Wall Push-Ups:** Stand at arm's length from a wall and push your body away from it.
2. **Knee Push-Ups:** Perform push-ups with your knees on the ground to reduce body weight.
3. **Incline Push-Ups:** Use a bench or a sturdy surface to perform push-ups at an incline.

Beginner Workout Chart

Day	Exercise	Sets	Reps
Monday	Wall Push-Ups	3	8-10
Wednesday	Knee Push-Ups	3	5-8
Friday	Incline Push-Ups	3	6-8

Intermediate Level

Once you feel comfortable with basic push-ups, it's time to challenge yourself with standard and modified variations.

1. **Standard Push-Ups:** Perform push-ups with your hands shoulder-width apart and body in a straight line.
2. **Diamond Push-Ups:** Bring your hands close together beneath your chest to target the triceps.
3. **Decline Push-Ups:** Elevate your feet on a bench or platform for added intensity.

Intermediate Workout Chart

Day	Exercise	Sets	Reps
Monday	Standard Push-Ups	3	10-12
Wednesday	Diamond Push-Ups	3	6-8
Friday	Decline Push-Ups	3	6-8

Advanced Level

For advanced practitioners, push-ups can be further intensified with explosive and plyometric variations.

1. **Clap Push-Ups:** Push off the ground and clap your hands before landing back in the push-up position.
2. **Archer Push-Ups:** Shift your weight to one side, extending the opposite arm out while lowering your body.
3. **One-Arm Push-Ups:** Perform push-ups using only one arm for an intense challenge.

Advanced Workout Chart

Day	Exercise	Sets	Reps
Monday	Clap Push-Ups	4	5-8
Wednesday	Archer Push-Ups	4	4-6
Friday	One-Arm Push-Ups	4	3-5

Tips for Perfecting Your Push-Up Form

To ensure that you reap the maximum benefits from your push-up workouts, maintaining proper form is vital. Here are some key tips:

- **Hand Position:** Place your hands slightly wider than shoulder-width apart.
- **Body Alignment:** Keep your body in a straight line from head to heels. Avoid sagging hips or raised buttocks.
- **Controlled Movement:** Lower yourself slowly and push back up with power. Avoid rushing through reps.
- **Breathing:** Inhale as you lower and exhale as you push up.
- **Engage Your Core:** Tighten your core muscles to maintain stability throughout the movement.

Incorporating Push-Ups into Your Routine

To maximize your results, consider integrating push-ups into your overall fitness routine. Here are a few strategies:

- **Warm-Up:** Always begin with a proper warm-up to prepare your muscles.
- **Supersets:** Pair push-ups with other exercises, such as squats or lunges, for a full-body workout.
- **Frequency:** Aim to perform push-ups two to three times a week, allowing for recovery in between

sessions.

- **Progression:** Gradually increase the intensity or complexity of your push-up variations as you build strength.

Conclusion

The **perfect pushup workout chart** serves as an invaluable tool for anyone looking to improve their push-up performance and build upper body strength. By following structured workout plans for various fitness levels, focusing on form, and incorporating push-ups into a broader training regimen, you can achieve significant results. Remember, consistency is key, and as you progress, you'll be able to explore even more challenging variations that will continue to push your limits and enhance your fitness journey.

Frequently Asked Questions

What is a perfect pushup workout chart?

A perfect pushup workout chart is a visual guide that outlines a structured routine for performing pushups, including variations, sets, reps, and rest intervals to help individuals achieve optimal results.

How can I create a perfect pushup workout chart?

To create a perfect pushup workout chart, assess your fitness level, choose pushup variations that suit your goals, determine the number of sets and repetitions, and incorporate progressive overload over time.

What are some effective pushup variations to include in my chart?

Effective pushup variations to include are standard pushups, incline pushups, decline pushups, diamond pushups, and wide-grip pushups, each targeting different muscle groups.

How often should I follow my perfect pushup workout chart?

It's generally recommended to perform pushup workouts 2 to 3 times per week, allowing for adequate recovery between sessions to maximize strength gains and prevent injury.

What are the benefits of using a workout chart for pushups?

Using a workout chart for pushups helps track progress, maintain consistency, ensure proper form, and provide a clear structure for increasing intensity and difficulty over time.

Can a perfect pushup workout chart help beginners?

Yes, a perfect pushup workout chart can be very beneficial for beginners by providing a step-by-step approach to building strength, improving technique, and gradually increasing the challenge.

What should I include in my warm-up before using the pushup workout chart?

Before starting your pushup workout, include a warm-up that consists of dynamic stretches and mobility exercises for the shoulders, chest, and core, such as arm circles, shoulder taps, and torso twists.

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