

# Perfect Pushups Workout

## Test your 1 SET MAX

**Step 1** - Get in proper “Regular Grip” pushup position

1. Hands slightly wider than shoulder width apart
2. Fingers pointing forward
3. Shoulders directly above wrists
4. Neck straight so that ears are in line with shoulders
5. On toes with legs straight
6. Abs tight and hips tucked under
7. Be sure to breathe in through your nose on the way down and out through your mouth on the way up

**Step 2** – Perform as many “Regular Grip” pushups in a row without stopping and without breaking the form stated above.

**Step 3** – Based on your result, round up or down to establish your 2-Minute Drill Workout. For example, if you performed 12 reps, use the “10” workout and perform 8 reps, 6 reps, 4 reps then 2 reps in 2 minutes or less. If you perform 18 reps, use the “20” workout (14,10, 6). If you perform somewhere in the middle such as 15 reps, decide if you can handle the “20” workout or if you should use the “10” workout.

**Step 4** – Perform your 2-Minute Drill Workout using the “Wide Grip” and “Close Grip”. Be sure to allow yourself enough recovery time between each.

**Step 5** – Continue to follow the workout calendar.

## 2-Minute Drills

Workouts	Reps
0	4, 3, 2, 1 (perform knee pushups if necessary)
10	8, 6, 4, 2
20	14, 10, 6
30	20, 12, 8
40	26, 14, 10
50	30, 16, 12

### Day 1

MAX Regular

1 Wide

1 Close

**Day 2**

1 Regular  
1 Wide  
1 Close

**Day 3**

1 Regular  
1 Wide  
1 Close

**Day 4**

2 Regular  
1 Wide  
1 Close

**Day 5**

2 Regular  
1 Wide  
1 Close

**Day 6**

1 Regular Chair  
1 Regular  
1 Wide  
1 Close

**Day 7**

1 Regular Chair  
1 Regular  
1 Wide  
1 Close

**Day 8**

2 Regular Chair  
1 Wide  
1 Close

**Day 9**

2 Regular Chair  
1 Wide Chair  
1 Close Chair

**Day 10**

Retest your 1 SET MAX