

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/workouts 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

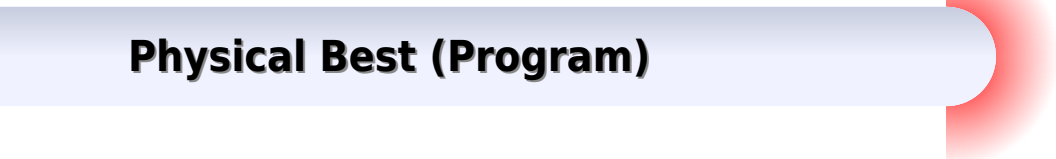
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Individualized Fitness Programs Frank Vitale, 1973 **Fitness After 50 Workout** Elaine LaLanne, Richard Benyo, 1989 Elaine LaLanne expands her physical fitness program to include exercises for twenty one different body parts Photographs the latest aging research and Elaine's own example will have older men and women exercising with renewed vitality

Encyclopedia of Physical Education, Fitness, and Sports: Training, environment, nutrition, and fitness, 1977 **The Best of Challenge**, 1971 **Catalog of Sears, Roebuck and Company** Sears, Roebuck and Company, 1983 *JCPenney [catalog]*, 1994 *AstroFit* William J. Evans, Gerald Secor Couzens, 2002 To safely allow astronauts to make a three year

round trip journey to Mars and not age their bodies 30 years a NASA scientist developed a revolutionary anti aging program adapted here for people on Earth 24 line drawings throughout **Women's Sports**, 1983 **Body Shaping with Free Weights** Stephenie Karony, 1998 Give your body a magnificent sculpted look the free weights training way The exercises given here help readers focus on specific body parts Diet tips that enhance workout results are included plus practical tips to help readers keep up their good work 130 bandw illustrations **Pennsylvania Journal of Health, Physical Education, Recreation**, 1968

U.S. Fitness Book Pat Stewart, 1979 Abstract The exercise program incorporates principles that assist in increasing strength stamina and flexibility The program is designed for people who have not exercised regularly The individual program is determined by the results of a walk test or a walk jog test Exercise programs for women men senior citizens teenagers and children consist of three parts 1 warm up 2 conditioning exercises and 3 circulatory activities Warm up exercises are intended to increase breathing rate and raise body temperature Conditioning exercises to increase muscle tone are given with a range of number of times of repetition Circulatory activity choices are divided into three levels depending on intensity The relationship of exercise and nutrition to weight control and health is explained with information on nutrition labeling processed foods basic food groups diets for specific age groups and recommended daily dietary allowances **The No-Gimmick Guide to Raising Fit Kids** Robert S. Andersen, 2006 Obesity is affecting our children at

an alarming rate Today's high calorie menus and low effort lifestyles put kids at risk and can lead to negative health and social consequences Society tends to look for a quick fix but gimmicks don't work Dr Robert Andersen an award winning pediatrician and experienced dad has a common sense down to earth plan that does Radu's Simply Fit Radu

Teodorescu, Maura Rhodes, 1996 The master of physical fitness presents his inspiring and easy to follow program for getting fit Learn how Radu trains some of his famous clients including Cindy Crawford Regis Philbin and Matthew Broderick
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