

Perfect®

PUSHUP®

ELITE

NEXT LEVEL PUSHUPS

Taking the Original Perfect Pushup® to the next level. The Perfect Pushup® Elite features patented rotating handles promoting optimal natural movement, engaging more muscles. It maximizes strength while helping to reduce joint strain.

INCREASED MUSCLE ACTIVATION

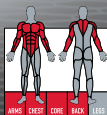
Smooth rotation uses more stabilizer muscles

ERGONOMIC GRIP

Distributes weight evenly and helps reduce pressure points

WEIGHT VEST READY

Sturdy 400 lb. weight capacity



Find more free workouts online at PerfectOnline.com

BEGINNER

From Knees

**▶ SET UP**

Knees and toes on the ground. Place Perfect Pushup® Elite directly under or slightly wider than shoulders with hands horizontal, thumbs pointing to each other.

▶ MOVEMENT

Squeeze glutes and brace core while slowly lowering the body down and rotating elbows towards the ribcage. Press body up while rotating hands back to starting position. Aim for 2-3 reps.

INTERMEDIATE

Full Pushup

**▶ SET UP**

Toes on the ground. Place Perfect Pushup® Elite directly under or slightly wider than shoulders with hands horizontal, thumbs pointing to each other.

▶ MOVEMENT

Squeeze glutes and brace core while slowly lowering the body down and rotating elbows towards the ribcage. Press body up while rotating hands back to starting position. Aim for 3-5 reps.

EXPERT

Feet Elevated

**▶ SET UP**

Feet elevated and/or wear Weight Vest. Place Perfect Pushup® Elite directly under or slightly wider than shoulders with hands horizontal, thumbs pointing to each other.

▶ MOVEMENT

Squeeze glutes and brace core while slowly lowering the body down and rotating elbows towards the ribcage. Press body up while rotating hands back to starting position. Aim for 3-5 reps.