

# Perfect.<sup>®</sup>

## PUSHUP<sup>®</sup>

### CLASSIC PUSHUP WITH PROPER FORM

The Perfect Pushup<sup>®</sup> has patented rotating handles that allow arms to move naturally while encouraging good form. This helps engage more muscles in the upper body.

#### INCREASED MUSCLE ACTIVATION

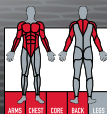
Smooth rotation uses more stabilizer muscles

#### REDUCE JOINT STRAIN

Rotating handles distribute weight evenly and help reduce pressure

#### PORTABLE

Workout at home or on the go



Find more free workouts online at [PerfectOnline.com](http://PerfectOnline.com)

## BEGINNER

## From Knees



## ▶ SET UP

Knees and toes on the ground. Place Perfect Pushup® 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 rib cage. Press the body up while rotating hands back to starting position. Aim for 2-3 reps.

## INTERMEDIATE

## Full Pushup From Toes



## ▶ SET UP

Toes on the ground. Place Perfect Pushup® 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 rib cage. Press the body up while rotating hands back to starting position. Aim for 3-5 reps.

## EXPERT

## Feet Elevated



## ▶ SET UP

Feet elevated and/or use Weight Vest. Place the Perfect Pushup® 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 rib cage. Press the body up while rotating hands back to starting position. Aim for 3-5 reps.