range of motion (4 to 5 inches greater) as compared to floor-based push-ups. This also explains why using a narrow hand position with the Perfect Pushup, which limits range of motion, didn’t elicit a greater muscle response.

Practical Evaluations
To further examine the merits of the Perfect Pushup, we asked ACE exercise physiologists Fabio Comana, M.S., M.A., and Todd Galati, M.A., to spend some time using the Perfect Pushup and evaluate its accompanying workout materials. “The goal of an elevated push-up,” says Comana, “is to reduce stress across the wrist joint and this device helps achieve this (as would a set of dumbbells). However, given the dynamic nature of the pivoting handles, I found it harder to maintain a neutral wrist position in all positions.” Comana also expressed concern over the accompanying US Navy SEAL two-minute workout, which he felt would compromise technique and increase risk of injury.

Galati believes that while the instability afforded by the Perfect Pushup may offer a welcome challenge to individuals with good shoulder stability and health, it could increase the risk of injury for those who have shoulder problems or lack the strength to maintain shoulder stability. He urges anyone with shoulder injuries to consult their physicians prior to performing push-ups of any kind.

The Bottom Line
At $39.95, the Perfect Pushup is a budget- and space-friendly piece of exercise equipment that effectively targets the chest, shoulder and triceps muscles. It is, however, limited in terms of the range of exercises that can be performed with it.