

# Perfect.MULTI-GYM®

## User Guide

For maximum effectiveness and safety, please review this User Guide before using your Perfect Multi-Gym® equipment.

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# Important Safety Information

## **▲ WARNING**

**FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS OWNER'S MANUAL AND ON THE WORKOUT CHART MAY RESULT IN SERIOUS INJURY, DEATH OR PROPERTY DAMAGE.**



**1) Consult your physician before starting this or any other exercise program.**

Fitness training can result in serious injury or death. Risk of injury can be lessened when safe technique and common sense are practiced. **Before beginning your first workout, become familiar with the Perfect-Multi-Gym® and review all exercise guidelines prior to using the equipment. If you have any questions consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with preexisting health problems or wrist, elbow, shoulder or other joint and muscle impairments. **If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential before use of this equipment.**

**2) Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.

**3) Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises.

**4) Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**

**5) Before EACH use, visually inspect the equipment. Never use this equipment if it is not working properly or if there are damaged or worn parts.** Call our Customer Service Department to order replacement parts. Refer to page 5.

**6) Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT** modify the equipment or use attachments not recommended by the manufacturer.

**7) Have plenty of clearance space on all sides of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment to avoid unnecessary contact.

**8) Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.

**9) THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:**

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment.

**10) Breathe naturally,** never holding your breath during an exercise. Avoid over-training. You should be able to carry on a conversation while exercising.

**11) Cool down after an exercise session** with 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.

**12) Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.

13) **ONLY one person at a time should use this equipment.**

14) **DO NOT store in direct sunlight or near direct heat sources.**

15) **DO NOT put hands, feet or any foreign objects on or near this equipment when in use by others.** Use caution to not pinch fingers or hands in moving parts when setting up or using the equipment.

16) The Perfect Multi-Gym® is designed and constructed for **PERSONAL OR HOUSEHOLD USE ONLY**. The Perfect Multi-Gym® should NOT be used in commercial settings including, without limitation, health clubs and fitness centers. Further, use of the Perfect Multi-Gym® in a commercial setting or resale by an unauthorized dealer voids the warranty. See Limited Warranty Card for details.

17) When attaching the Multi-Gym® to a door frame, **make sure the Safety Clip is securely attached to both the Molding and Multi-Gym®. Remove the Multi-Gym® from the door frame when not in use.**

18) **Do not install this product unless you are able to assemble and install it properly. After installing this product, check to make sure it has been properly installed and can support your full weight before beginning exercise. This product is designed for installation on up-to-building-code, wood-frame doorways, 27 to 35 inches (69 – 89 cm) wide and do not use this product if you weigh more than 220 lbs. If the product is moved to a different door, you must recheck the fit and adjust the product to fit the new doorway if necessary.** Any other use or misuse may result in property damage and/or personal injury. If your anticipated installation location or use does not meet these criteria, you may return the product for up to 30 days from date of purchase.

19) **When performing pullups**, never pull up with bar behind head, as this places undue stress on shoulders and neck. Also, when performing pullups, avoid crossing feet during exercise, as this places hips in an uneven position which impacts body alignment.

## Equipment Warning Label

**IMPORTANT:** See below for placement of this Warning Label on your equipment.

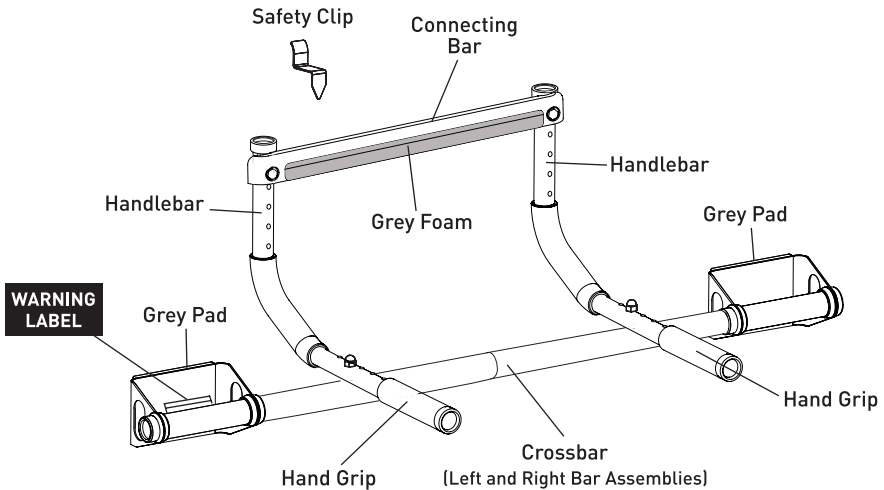
### **▲WARNING**

Failure to read and follow the safety instructions stated in the Owner's Manual and this Warning Label may result in **SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY.** Inspect the equipment before each use. Never use the equipment if it is not functioning properly. When attaching the Multi-Gym® to a door frame, make sure the Safety Clip is securely attached to both the molding and Multi-Gym. Remove the Multi-Gym from the door frame when not in use. Do not use if you weigh over 220 lbs/100 kg. Replace this label if damaged, illegible or removed. Class HC. Go to our website: [www.PerfectOnline.com](http://www.PerfectOnline.com) or call Customer Service: 1 800 446 7587 for replacement label, user guide or questions.

# Specifications & Parts

**Length:** 39-1/2"    **Width:** 20-1/2"    **Height:** 7"

**Product Weight:** 7 lbs.    **Maximum User Weight:** 220 lbs./100 kg.



## Introduction



Getting in shape takes the right attitude and perseverance. Everything else falls into place if you start with these goals. The right equipment makes the task that much easier, so congratulations on your purchase of the Perfect Multi-Gym®. The Perfect Multi-Gym® is one of the cornerstones of an effective, time-efficient exercise regimen. No matter your fitness level, you can progress at a rate that's right for you using Perfect Fitness products.

Sticking with a program of regular exercise takes a team and I encourage you to join ours. Go to [www.PerfectOnline.com](http://www.PerfectOnline.com) to find out about new products, get workout tips and view videos.

Join us on Facebook at [www.facebook.com/perfectfitness](http://www.facebook.com/perfectfitness) - it's the place to ask questions, share your progress and test yourself against the best. Many of our top users have created their own exercise routines using our products. The team that works out together, stays together - find a teammate and Go For It!

We want to hear how you're doing, because your success is our success!

Alden Mills  
Perfect Fitness Founder and former U.S. Navy SEAL

### **IMPORTANT:**

This Owner's Manual is the authoritative source of information about your Perfect Multi-Gym®. Please read it carefully and follow all the instructions.

# Comments or Questions?

If you have any comments or questions about your Perfect Fitness product, please email, call or write to our Customer Service Specialists. Our goal is your complete satisfaction.

Perfect Multi-Gym® Customer Service Department 2001 T.W. Alexander Drive, Box 13925, Durham, North Carolina 27709-3925

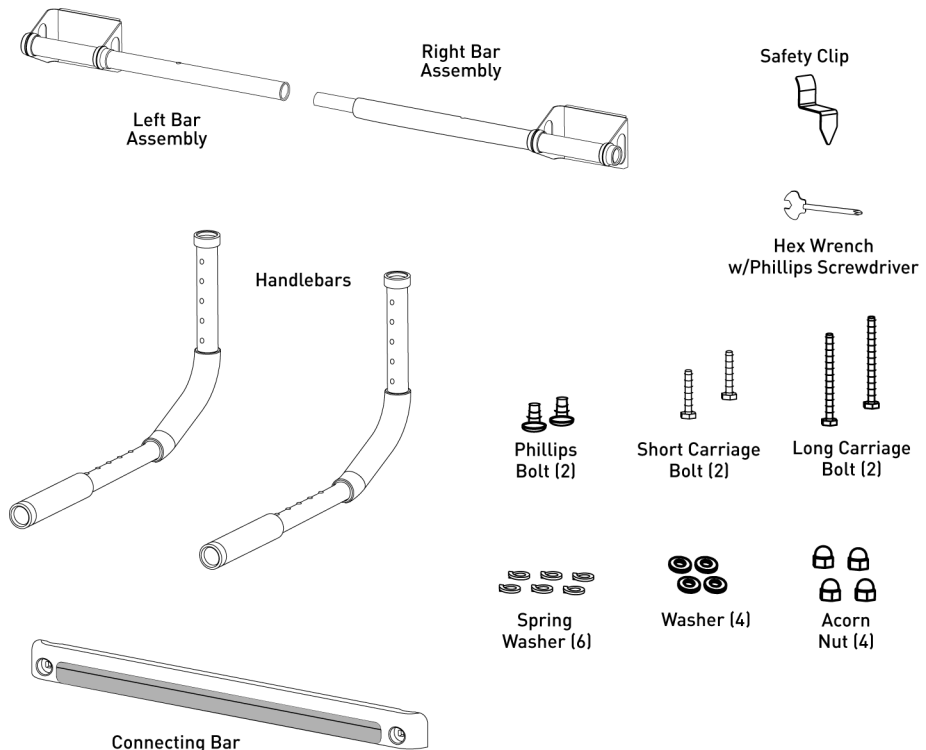
Call Toll Free: 1 800 446 7587, Monday through Friday, 8:00am to 5:00pm, EST  
Email: help@4implus.com

www.PerfectOnline.com

## Assembly Instructions

Read and follow all instructions provided before assembling or installing this product. Failure to properly assemble or install this product could result in damage to property and/or personal injury. Do not install this product unless you are able to assemble and install it properly. After installing this product, check to make sure it has been properly installed and can support your full weight before beginning exercise. This product is designed for installation on up-to-building-code, wood-frame doorways, 27 to 35 inches (69 - 89 cm) wide and for use by individuals weighing no more than 220 lbs/100 kg. Any other use or misuse may result in property damage and/or personal injury. If your anticipated installation location or use does not meet these criteria, you may return the product for up to 30 days from date of purchase.

**LAY OUT THE PARTS** of your Perfect Multi-Gym® as shown below and familiarize yourself with the parts for easier assembly.

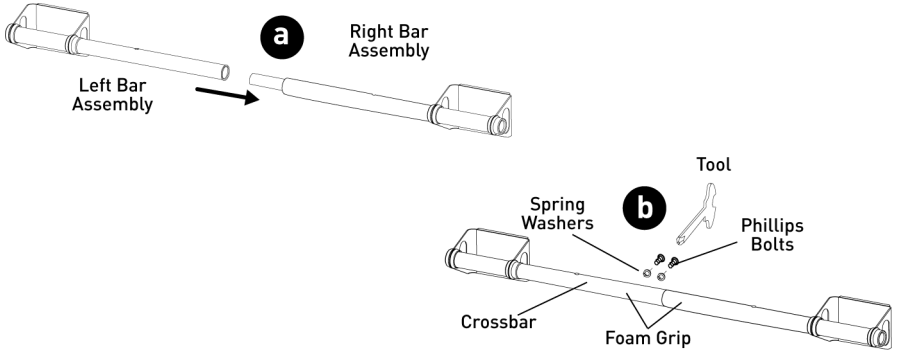


## STEP 1

**a)** Attach the Left and Right Bar Assembly together by first sliding the Right Bar Assembly into the Left Bar Assembly.

**b)** Next, align the holes at the center where the 2 Bars slide together. Securely attach the 2 Bars together with 2 Spring Washers and 2 Phillips Bolts. Tighten with Tool provided. When assembled, this is referred to as the Crossbar.

**Note:** Make sure the Foam Grip around the Holes does not interfere with tightening the Phillips Bolts.



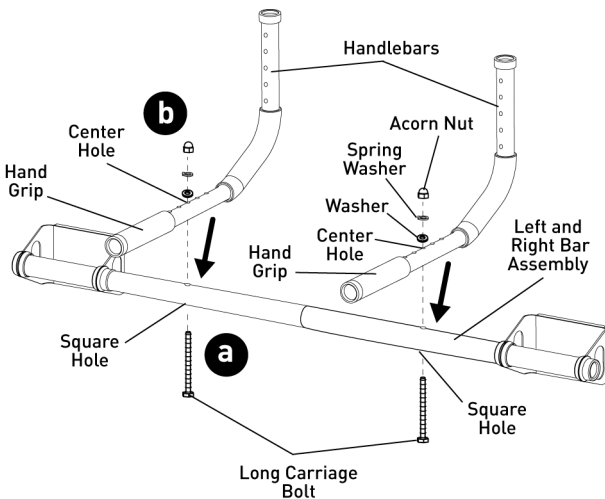
## STEP 2

**a)** Locate the 2 Square Holes on the Left and Right Bar Assembly. Insert one Long Carriage Bolt into the Square Hole and through the Left and Right Bar Assembly.

**Note:** Make sure the Square on the Carriage Bolt seats into the Square Hole.

**b)** While holding the Carriage Bolt in the Square Hole, insert the end of the Carriage Bolt through the Center Hole in the Handlebar. Use Center Hole on Handlebar. Secure with Washer, Spring Washer and Acorn Nut. **Hand-tighten only at this time. Repeat for other Handlebar.**

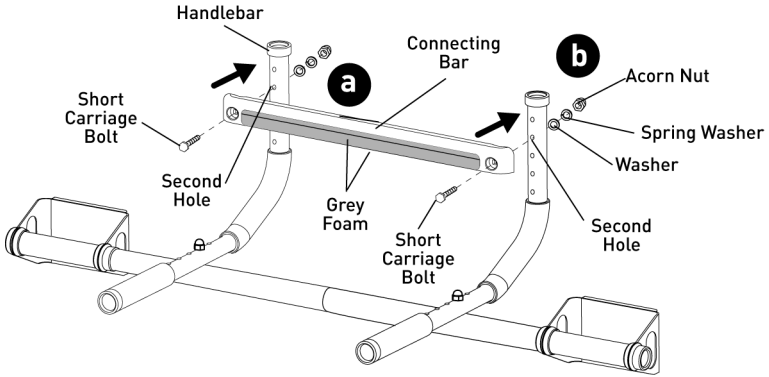
**NOTE:** Doorway Installation is necessary before tightening all Acorn Nut assemblies.



### STEP 3

**a)** While the assembly is in front of you as shown, attach the Connecting Bar with one of the Grey Foam Pads facing you and one facing downward. Insert the Short Carriage Bolt through one of the Square Holes in the Connecting Bar and through the second hole from the end of the Handlebar.

**b)** Hand-tighten only at this time the Washer, Spring Washer and Acorn Nut. Repeat with other Handlebar.



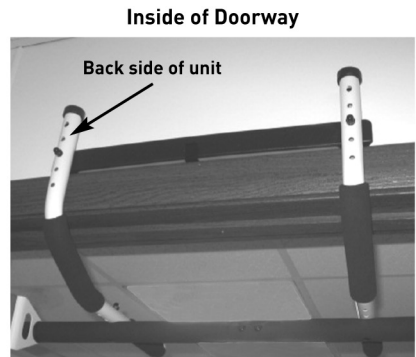
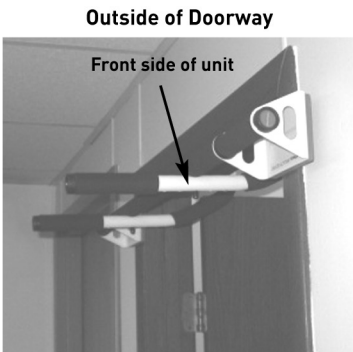
**NOTE:** Doorway Installation is necessary before tightening all Acorn Nut assemblies.

## Installation Of Your Multi-Gym®

Before installing in the doorway you will be using, acquaint yourself with the photos and definitions below. Please remember, this product is designed for installation on up-to building-code, wood-frame doorways, 27 to 35 inches (69 - 89 cm) wide and for use by individuals weighing not more than 220 lbs/100 kg.

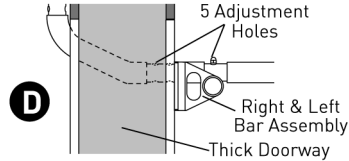
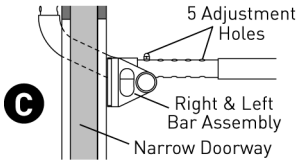
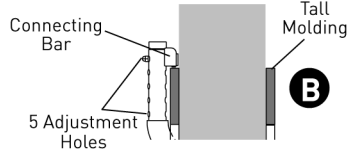
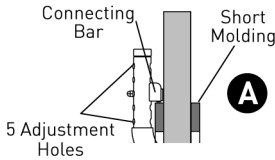
1) Identify Front and Back of unit.

2) Inside and outside of Doorway.



# Multi-Gym® Adjustment

Door frames and trim (molding) vary in size. The Perfect Multi-Gym® has 5 adjustments to accommodate different molding heights (Figures A and B) and 5 adjustments to accommodate different doorway thicknesses (Figures C and D).



## Doorway Installation

### STEP 1 - Fitting the Multi-Gym® to your Doorway

After assembling the unit, try it in the door. You may need to move the bolt positions to get a proper fit. The unit is correctly fitted in the doorway when it sits snugly at the top of the door frame and the Hand Grips are level with the floor.

**Warning: Remove the Multi-Gym® from the door frame before making any Bolt adjustments. Failure to follow this instruction may result in serious injury or death.**

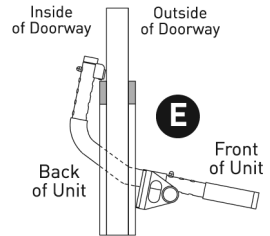
**a)** From the outside of the doorway (the side that does not have the hinges), angle the Connecting Bar end through the doorway and over the molding on the opposite side (the inside of the doorway).

**b)** Adjust the Left and Right Bar Assemblies to match the thickness of the doorway. When properly adjusted, the Grey Pads on the Left and Right Bar Assemblies should be flush with the wall and molding. See Figures C and D shown above.

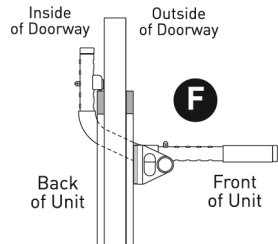
**c)** Adjust the Connecting Bar to match the width of the door molding. See Figures A and B shown above. If the fit is too loose, it will appear like the Incorrect Position shown in Figure E. You will need to move the Left and Right Bar Assembly away from the Hand Grip.

**d)** After all adjustments have been made, see Figure F for correct positioning. Tighten the 2 Long and 2 Short Carriage Bolts with tool provided. Refer to page 7, Step 2b and page 8, Step 3b.

### INCORRECT POSITION



### CORRECT POSITION



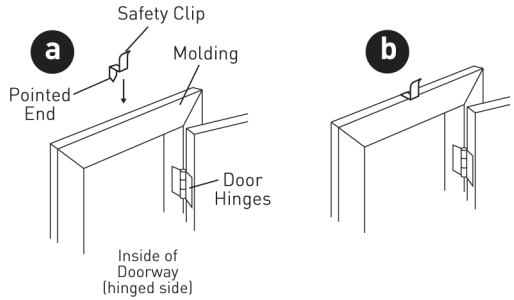


## STEP 2 - Installing the Safety Clip

After the Multi-Gym® has been adjusted to fit the doorway, remove it from the doorway and install the Safety Clip.

**a)** On the inside of the doorway, place the Safety Clip above the molding in the center at the top of the door.

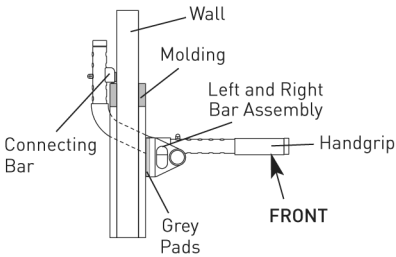
**b)** Slide the pointed end between the wall and the molding. Push downward until Safety Clip is flush against the molding. Reinstall the Multi-Gym® in the doorway.



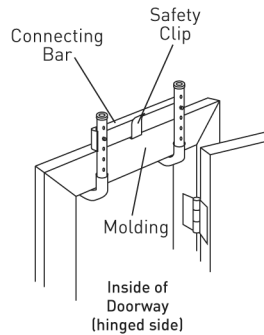
**Warning:** When attaching the Multi-Gym® to a door frame, make sure the Safety Clip is securely attached to both the molding and Multi-Gym®. Failure to follow this instruction may result in serious injury or death.

## Completed Installation

You can reinstall the Multi-Gym® in the doorway once the Safety Clip is installed. When properly installed, the Multi-Gym® will fit in the doorway as shown below.



**Side View**



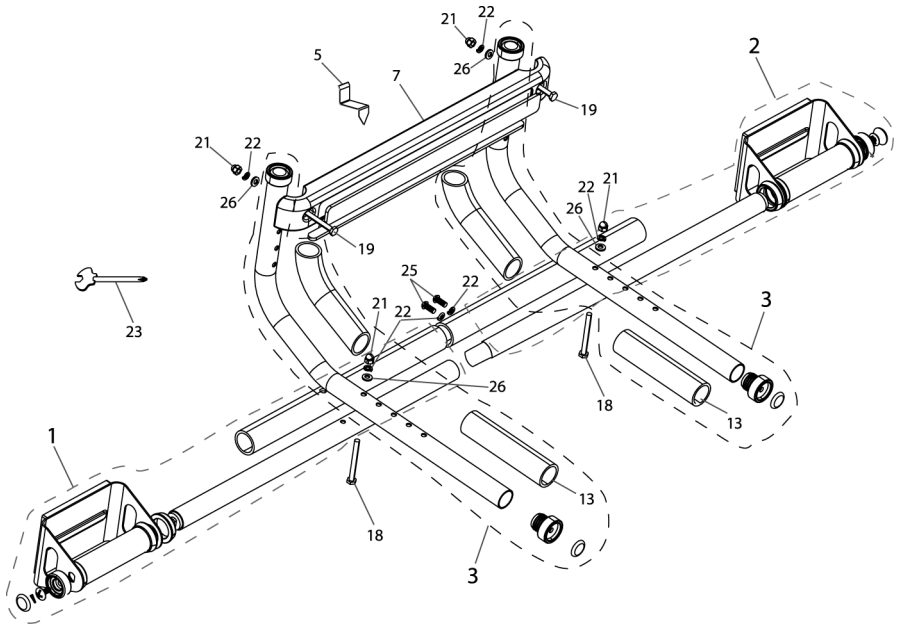
**View from Inside Doorway**

**Warning:** Remove the Multi-Gym® from the door frame when not in use. If the product is moved to a different door, you must recheck the fit and adjust the product to fit the new doorway if necessary. Failure to follow these instructions may result in serious injury or death.

# Parts List & Exploded View

Door frames and trim (molding) vary in size. The Perfect Multi-Gym® has 5 adjustments to accommodate different molding heights (Figures A and B) and 5 adjustments to accommodate different doorway thicknesses (Figures C and D).

ITEM#	PART#	DESCRIPTION	QTY	ITEM#	PART#	DESCRIPTION	QTY
1	MG01	Left Bar Assembly	1	21	MG11	M6 Acorn Nut	4
2	MG02	Right Bar Assembly	1	22	MG10	M6 Spring Washer	6
3	MG03	Handlebar Assembly	2	23	MG13	Hex Wrench w/Phillips Screwdriver	1
5	MG12	Safety Clip	1	25	MG07	M6 x 16mm Phillips Bolt	2
7	MG05	Connecting Bar	1	26	MG22	M6 Washer	4
13	MG04	Hand Grip	2	MG06	Fastener Pack	1	
18	MG08	M6 x 58mm Carriage Bolt	2	MG14	Owner's Manual	1	
19	MG09	M6 x 45mm Carriage Bolt	2	MG15	Workout Chart	1	



## Warning

Before each use, visually inspect the device. Never use the device if it is not working properly, not installed properly or if it shows signs of damage or deterioration.

## Care & Storage

Your Perfect Multi-Gym® has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

### **Keep your Perfect Multi-Gym® clean.**

Wipe sweat, dust or other residue off the Connecting Bar, Handlebar and Left and Right Assembly Bar with a soft, clean cloth after each use.

### **Store your Perfect Multi-Gym® after use.**

Store your device out of the reach of children and high traffic areas.

## Workouts

Go to [www.PerfectOnline.com/workouts](http://www.PerfectOnline.com/workouts) to download your free workout guide. The Multi-Gym download includes U.S. Navy SEAL inspired workouts that can be integrated into your normal fitness training to keep things fresh and to help get results. By integrating pushes, pulls and situp exercises you will get a total upper body and core strengthening workout.

## Exercise Guidelines

### IMPORTANT

### **Please review this section before you begin exercising**

#### **Workout Phases**

Every workout should consist of the following three phases:

#### **Warm-Up**

To prevent injury and maximize performance, we recommend that each workout period start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise, such as walking or low-impact aerobics, that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This may be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 13 and 14 of this manual. Never push yourself beyond a point of gentle tension on the muscles being stretched. Keep your movements gentle, rhythmic and controlled.

#### **Cardio or Muscle Toning/Strength Training Workout**

Your warm-up should be followed by either a muscle toning and strength training workout with the Perfect Multi-Gym®, or a cardio workout, depending on your workout plan for that day. Regardless of which type of workout you are doing, build up as your current fitness level allows and progress at a rate that is comfortable to you.

For the first week or so, you may feel some muscle soreness. This is quite normal and should disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you, may have increased your program too rapidly or suffered an injury. If you continue to experience major discomfort please discontinue use of the product and consult a physician.

## Cool-Down and Stretching

Every workout should be followed by a cool-down. The cool-down should consist of 5 to 10 minutes of easy exercise, followed by stretching. Refer to the stretches found on pages 13 and 14 of this manual. Never push yourself beyond a point of gentle tension on the muscle being stretched. Keep your movements relaxed, rhythmic and controlled.

## When to Exercise

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

## Measuring Your Heart Rate

When checking Heart Rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

## Target Heart Rate

Aerobic intensity guidelines for healthy adults are generally set at 60 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine your heart rate percentage: % heart rate =  $(220 - \text{age}) \times \%$ .

Using this calculation, a 70% heart rate for a 40 year old would be  $(220 - 40) \times 70\%$  or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

**The above are only guidelines; people with any known or suspected medical limitations should discuss this formula with their physician.**

## Clothing

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, garments like this can interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.

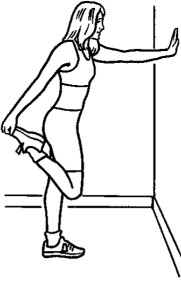
## Tips to Keep You Going

1. Adopt a specific plan and write it down.
2. Keep setting realistic goals as you go along, and remind yourself of them often.
3. Keep a log to record your progress and make sure to keep it up-to-date.

4. Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
5. Enlist the support and company of your family and friends.
6. Update others on your successes.
7. Avoid injuries by pacing yourself and including a warm-up and cool down period as part of every workout.
8. Reward yourself periodically for a job well done!

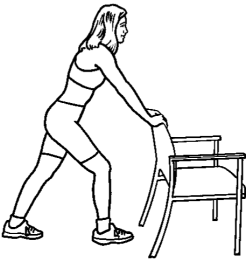
## Warm-Up & Cool-Down Stretches

Stretches can help improve flexibility and relieve tightness in muscles that results from repetitive sport movements. 10 to 12 minutes of daily stretching is recommended. This should be done when warming up and cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



### 1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. **(Do not let the lifted knee swing outward.)** Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



### 2. Calf and Achilles Stretch

Stand approximately one arm's length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.



### 3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm over head and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.



#### 4. Back Stretch

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go. Hold for 20 to 30 seconds. Straighten up and repeat.



#### 5. Standing Hamstrings Stretch

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.



#### 6. Buttocks and Hips Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back. Hold for 20 to 30 seconds and release. Repeat for opposite side.



#### 7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your ankles. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.



#### 8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region. Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

# Perfect Multi-Gym® System

Perfect Multi-Gym® System is more than just a piece of equipment, it is a total exercise system. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle.

The Perfect Multi-Gym® system is a program designed to help you achieve balanced fitness. The system consists of the following items:

**1. Perfect Multi-Gym® Workout.** Go to [www.PerfectFitness.com/workouts](http://www.PerfectFitness.com/workouts) to download your free workout guide. The Perfect Multi-Gym® was designed to help you strengthen and tone the muscles of your upper body and core, which includes the abdominal muscles, lower back and hips. We recommend that you do the Perfect Multi-Gym® workout 3 times a week. Allow 24 - 48 hours of rest for muscle groups worked between each training session. Begin with the Three-Set Supermax, and progress when ready to the Power 10-Minute Workout and the Perfect Pyramid Workout. Follow the workouts and record your progress on the Workout Chart included with your product.

**2. Cardiovascular Exercise.** You can achieve an effective cardio workout from a variety of activities, such as walking, hiking, swimming, jogging or low-impact aerobics. We recommend that you do a cardio workout for at least 30 minutes, 3 times a week.

# Tracking Your Progress

We have provided extra charts in this Owner's Manual for you to keep track of how many points you earn each time you complete the Three-Set Supermax to track your progress.

Add up the number of repetitions you completed in three sets and assign yourself points based on the chart below. Use these worksheets to tally your points.

	<b>PULL</b>	<b>PUSH</b>	<b>SIT</b>
<b>SET 1</b>			
<b>SET 2</b>			
<b>SET 3</b>			
<b>TOTAL REPS</b>			
<b>TOTAL POINTS</b>	<b>TOTAL X 3 =</b>	<b>TOTAL X 2 =</b>	<b>TOTAL X 1 =</b>

	<b>PULL</b>	<b>PUSH</b>	<b>SIT</b>
<b>SET 1</b>			
<b>SET 2</b>			
<b>SET 3</b>			
<b>TOTAL REPS</b>			
<b>TOTAL POINTS</b>	<b>TOTAL X 3 =</b>	<b>TOTAL X 2 =</b>	<b>TOTAL X 1 =</b>

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	<b>PULL</b>	<b>PUSH</b>	<b>SIT</b>
SET 1			
SET 2			
SET 3			
TOTAL REPS			
TOTAL POINTS	TOTAL X 3 =	TOTAL X 2 =	TOTAL X 1 =

	<b>PULL</b>	<b>PUSH</b>	<b>SIT</b>
SET 1			
SET 2			
SET 3			
TOTAL REPS			
TOTAL POINTS	TOTAL X 3 =	TOTAL X 2 =	TOTAL X 1 =

	<b>PULL</b>	<b>PUSH</b>	<b>SIT</b>
SET 1			
SET 2			
SET 3			
TOTAL REPS			
TOTAL POINTS	TOTAL X 3 =	TOTAL X 2 =	TOTAL X 1 =

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# Perfect®

Perfect Fitness develops innovative fitness solutions that maximize muscle engagement and biomechanical efficiency. Our products use simple, natural movements and back-to-basic principles to enable anyone to unlock their potential.

Visit **[www.PerfectOnline.com](http://www.PerfectOnline.com)** to learn more and download workouts for our products.