



# Perfect.MULTI-GYM™

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## PERFECT MULTI-GYM MOVEMENTS

THE POWER OF PUSH-PULL-SIT

Perfect.FITNESS® develops innovative fitness solutions that maximize muscle engagement and biomechanical efficiency. Our products use simple, natural movements and back-to-basics principles to enable almost anyone to unlock their body's potential. Visit [PerfectOnline.com](http://PerfectOnline.com) to learn more.

### PERFECT EXERCISE GUIDELINES

- We recommend warming up before performing any workouts
- Exhale on way up, inhale on way down
- Rest 30-90 seconds between each set of exercises
- Allow 24-48 hours of rest for muscle groups worked between each training session

### SAFETY

- Never pull up with bar behind head- this places undue stress on shoulders and neck
- Avoid crossing feet during pullups - this places hips in an uneven position, which impacts body alignment

## MULTI-GYM PULLUP MOVEMENTS

## MUSCLE GROUPS: BACK, BICEPS, SHOULDERS

### Wide Pullup

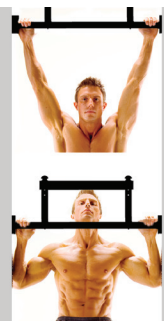
#### SETUP

Standing upright, pull navel in and grab wide section of bar. Palms face out.

#### MOVEMENT

- Slowly and with control, pull body up, drawing elbows in toward ribs.
- Keep head in neutral position, with ears above shoulders.
- Hold at top of movement for one full count.
- Slowly lower body back to start position.

TIP: For variation, perform pullup with knee lift - pull legs up while pulling body up, thighs parallel to the floor.



### Hammer Pull Up

#### SETUP

Standing upright, pull navel in and grab hammer hand grips. Palms face each other.

#### MOVEMENT

- Slowly and with control, pull body up, drawing elbows alongside ribs.
- Keep head in neutral position, with ears above the shoulders.
- Hold at top of movement for one full count.
- Slowly lower body back to start position.



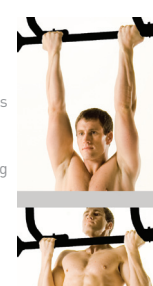
### Chin Up

#### SETUP

Standing upright, pull navel in and grab bar on inside of doorway, shoulder-width apart. Palms face you.

#### MOVEMENT

- Slowly and with control, pull body up, drawing shoulders downward.
- Keep head in neutral position, with ears above the shoulders.
- Hold at top of movement for one full count.
- Slowly lower body back to start position.



### Modification

If you are working up to performing pullups, start with a negative repetition exercise. Use body weight and gravity to assist you in quickly strengthening and conditioning arms, back and shoulder muscles.

#### MOVEMENT

- Use a sturdy stool to get into up position, chin in line with bar.
- Place hands shoulder-width apart on bar.
- Lower yourself down slowly over 5-second count. Carefully step back onto the stool.
- Contract abs to minimize swinging.



## MULTI-GYM PUSHUP MOVEMENTS

## MUSCLE GROUPS: CHEST, TRICEPS, SHOULDERS

### Regular Pushup

#### SETUP

Place hands slightly wider than shoulder-width apart in hammer position.

Pull navel in to activate core as you align head, neck, hips and legs in a straight line.

Keep strong back throughout movement by pulling shoulders back and down.

#### MOVEMENT

- Slowly lower body down, flexing at elbows until they form a 90-degree angle.
- Hold at bottom of movement for one count.
- Push back up to start position.



### Wide Pushup

#### SETUP

Place hands two hand-widths wider than shoulder-width apart on crossbar.

Pull navel in to activate core as you align head, neck, hips and legs in a straight line.

Keep strong back throughout movement by pulling shoulders back and down.

#### MOVEMENT

- Slowly lower body down, flexing at elbows until they form a 90-degree angle.
- Hold at bottom of movement for one count.
- Push back up to start position.



### Close Pushup

#### SETUP

Place hands directly below shoulders on center bar.

Pull navel in to activate core as you align head, neck, hips and legs in a straight line.

Keep strong back throughout movement by pulling shoulders back and down.

#### MOVEMENT

- Slowly lower body down, flexing at elbows until they form a 90-degree angle.
- Hold at bottom of movement for one count.
- Push back up to start position.



### Close Pushup Modification Dip

#### SETUP

If you struggle to complete a close pushup, perform dips.

Start in seated position with hands on bent portion of bar.

#### MOVEMENT

- Lift body off ground, shifting weight back so hips are between hands.
- Slowly lower down - keeping elbows as narrow as possible - then press up, performing a tricep dip.



## MULTI-GYM SITUP MOVEMENTS

## MUSCLE GROUPS: ABDOMINALS, HIP FLEXORS

### Full Situp

#### SETUP

Place MULTI-GYM along base of doorway and pull back so that foam cushions press against opposite side of door.

Lie on back and wedge feet under crossbar, knees bent at 90-degrees.

Hands behind head, fingertips at ears, elbows open.

#### MOVEMENT

- Activate abdominals and perform full situp.
- Lower back to start position with control.
- Count two seconds up and two seconds down.



### Oblique Situp

#### SETUP

Lie on back and wedge feet under crossbar, knees bent at 90-degrees.

Hands behind head, fingertips at ears, elbows open.

#### MOVEMENT

- Activate abdominals and, as you sit up, rotate trunk to bring one elbow to opposite knee.
- Lower back to start position with control.
- Repeat on other side.
- Count two seconds up and two seconds down.



### Straight Leg Situp

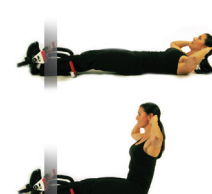
#### SETUP

Lie on back and wedge feet under crossbar, legs straight.

Hands behind head, fingertips at ears, elbows open.

#### MOVEMENT

- Activate abdominals and perform full situp.
- Lower back to start position with control.
- Press bellybutton to floor i.e. totally flat back
- Count two seconds up and two seconds down.



**Warning!** Advanced movement. Only try if you can complete regular situps without pain in lower back.

### ▲ WARNING

Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment, please check it for worn or damaged parts. If wear or damage is found, stop using the equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use this equipment if you weigh more than 220 lbs/100kg. If using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Perfect Fitness products you can visit our website [www.perfectonline.com](http://www.perfectonline.com) for more information.

**Perfect.**  
FITNESS

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# Perfect.MULTI-GYM™

## MULTI-GYM WORKOUTS

### U.S. NAVY SEAL STYLE CIRCUITS

These U.S. Navy SEAL Team workouts 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.

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## THREE-SET SUPERMAX

This is an intense, gut-wrenching workout that will take you to your limit in a short time.

TIME: 5 MINUTES

### INSTRUCTIONS:

- Perform your maximum number of **pushups**, directly followed by your maximum number of **pullups**, then do as many **situps** as you can complete in one minute. That is one supersets.
- Go immediately from one exercise to the next, without stopping between exercises or sets.
- Continue for three supersets. Keep track of the number of reps you performed for each exercise in every set.



PERFORM THE PUSH, PULL AND SIT MOVEMENTS DIRECTED BY THE CHART FOR EACH SET:

SETS	PULL	PUSH	SIT
1	WIDE	WIDE	FULL
2	HAMMER	REGULAR	OBLIQUE
3	REVERSE	CLOSE	STRAIGHT LEG

### 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 chart below. Use this worksheet to tally your points.

	PULL	PUSH	SIT
SET 1			
SET 2			
SET 3			
TOTAL REPS			
TOTAL POINTS	TOTAL X 3=	TOTAL X 2=	TOTAL X 1=

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## PERFECT PYRAMID

Maxing out on pullups, pushups and situps is the key to peaking from a solid fitness foundation. The Perfect Pyramid will take every part of your body to the limit. Bragging rights are guaranteed

TIME: 2 - 60 MINUTES

### INSTRUCTIONS:

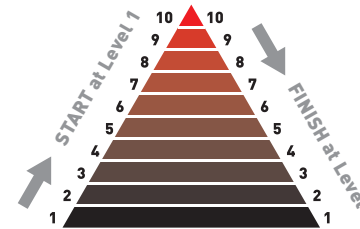
- You will be completing each set at your own pace, using the pyramid as a guide.
- For every 1 pullup, you should do 2 pushups and 3 situps (1 pullup, 2 x pushups, 3 x situps).  
**SET 1:** Perform 1 pullup, 2 pushups, and 3 situps followed by a rest (30 to 60 seconds).  
**SET 2:** Perform 2 pullups, 4 pushups, and 6 situps followed by a rest.

Continue up the pyramid, increasing your reps after every set until you reach your maximum level, then start back down the pyramid from there, decreasing your repetitions per set until you return to the bottom. Use variations of the pullup, pushup and situp movements during the sets.

- If you complete the **entire** pyramid, **you will have performed 110 pullups, 220 pushups and 330 situps!**

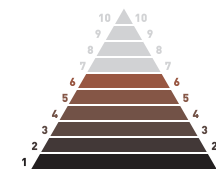
### PULL / PUSH / SIT MOVEMENT GRAPH

LEVEL 10	10 pullups → 20 pushups → 30 situps
LEVEL 9	9 pullups → 18 pushups → 27 situps
LEVEL 8	8 pullups → 16 pushups → 24 situps
LEVEL 7	7 pullups → 14 pushups → 21 situps
LEVEL 6	6 pullups → 12 pushups → 18 situps
LEVEL 5	5 pullups → 10 pushups → 15 situps
LEVEL 4	4 pullups → 8 pushups → 12 situps
LEVEL 3	3 pullups → 6 pushups → 9 situps
LEVEL 2	2 pullups → 4 pushups → 6 situps
LEVEL 1	1 pullup → 2 pushups → 3 situps



NOTE: Use the level you **max out at** as your benchmark and **then go back down the pyramid.** (see example to the right)

### EXAMPLE - A LEVEL 6 WORKOUT



You reach 6 pullups (**LEVEL 6**) and can't do more, then go back down the pyramid at 6, then 5, 4, 3, 2, and 1. Use the graph to the right to determine the number of pull, push and sit movements for each level. Don't despair if you only make it halfway up the pyramid - you are in rarefied territory just by trying this workout.

FINISH ↑  
 1 Pull - 2 Push - 3 Sit  
 2 Pull - 4 Push - 6 Sit  
 3 Pull - 6 Push - 9 Sit  
 4 Pull - 8 Push - 12 Sit  
 5 Pull - 10 Push - 15 Sit  
 6 Pull - 12 Push - 18 Sit (your maximum level)  
 6 Pull - 12 Push - 18 Sit  
 5 Pull - 10 Push - 15 Sit  
 4 Pull - 8 Push - 12 Sit  
 3 Pull - 6 Push - 9 Sit  
 2 Pull - 4 Push - 6 Sit  
 1 Pull - 2 Push - 3 Sit

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## POWER 10-MINUTE WORKOUT

TIME: 10 MINUTES

This 10-minute workout will work your back, arms, chest, abs, and heart.

### INSTRUCTIONS:

- Select the number of pullups you will commit to completing every 2 minutes for 10 minutes (total of 5 sets). Remember, you will be performing this number 5 times in 10 minutes, so choose wisely.
- Multiply your pullup number by 2 to get the number of pushups you'll perform per set. Multiply by 3 to get the number of situps you will perform per set. For every 1 pull up, you should do 2 pushups and 3 situps (1 pullup, 2 x pushups, 3 x situps).
- Set a timer for 10 minutes. Your workout begins the moment you complete your first pullup.
- Conduct one set of pullups, one set of pushups, and one set of situps every 2 minutes for 10 minutes. If you finish your reps before the time is up, rest.
- In 10 minutes you will have completed 5 sets each: pushups, pullups, situps.



PULLUPS	X	X	X	X	X	
PUSHUPS	2X	2X	2X	2X	2X	
SITUPS	3X	3X	3X	3X	3X	
TIME (MINS.)	0	2	4	6	8	10

## Perfect.FITNESS Nutrition Guidelines

**WARNING: Consult your physician before following these or any other nutritional guidelines, and/or before quitting or changing any prescribed dietary program that you may currently be following. Individuals with known or suspected food allergies, special dietary needs or underlying medical conditions that may be triggered or exacerbated by diet should not follow these or any other guidelines without first consulting a physician.**

Crash dieting doesn't work in the long term. It causes pain and suffering on your body and could actually slow down your metabolism, creating a vicious cycle of frustration. Instead, make small, incremental changes to how you eat. Work on changing your habits. Here are some tips to keep you on track.

**Drink a 12-oz glass of water** before you eat. It will help keep you hydrated and reduce the amount of food you need to feel satisfied.

**Eat small meals but more often** – every two-and-a-half to three hours to avoid getting hungry.

**Eat a light meal at night** and at least three hours before you go to bed.

**Snacks are important.**

Your metabolism needs to be stimulated every couple of hours, otherwise your body slows down and conserves energy (storing energy as fat).

**Practice portion control** by trying to eat only 80% of the food you would normally consume.

**Overcome your trouble times**, those parts of the day that are most challenging for you to control your eating. Prepare sensible snacks in advance to conquer your cravings.

**Track what you eat in a daily log.** Think carefully about what you eat so you understand and moderate your intake.

**Clean your kitchen of foods that are not on the Perfect.FITNESS Grocery List.**

**Use the list below as a guideline of the types of foods to keep stocked in your kitchen.**

### Lean protein

fish (salmon, tuna, tilapia, sole)  
chicken (skin removed)  
ground lean beef  
turkey  
tofu  
eggs  
beans (garbanzo, black, cannellini)  
hummus  
veggie burgers

### Dairy

cottage cheese (non-fat)  
yogurt (low or non-fat)  
cheese (low fat)  
milk (1% or skim)  
ice cream (low fat)

### Vegetables

fresh is best!  
baby carrots  
grape tomatoes  
celery sticks,  
lettuce,  
onions  
peppers,  
broccoli,  
cauliflower,  
potatoes

### Fruit

fresh is best!  
berries, citrus fruit,  
bananas (small)  
apples, grapes,  
mangoes  
fruit sorbets

### Breads, Cereals and Grains

whole-grain cereals  
bread (whole wheat/fiber rich)  
whole grain foods such as:  
whole-wheat pasta  
couscous  
brown rice  
quinoa  
bulgar  
whole wheat waffles

### For your pantry

mayonnaise (fat-free or light)  
oils (olive or canola)  
herbs & spices  
popcorn (low-fat microwave or air-popped)  
nuts & dried fruit (small quantities)  
cooking spray  
broth (low fat)  
sugar substitute  
peanut butter (low sodium)  
pasta sauce  
flavored vinegars  
ketchup  
mustard  
salsa