

Perfect. AB-CARVER™

User Guide



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 Ab-Carver™. The Perfect Ab-Carver™ 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 to find out about new products, get workout tips and view videos. Join us on Facebook at 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 User Guide is the authoritative source of information about your Perfect Ab-Carver™. Please read it carefully and follow all the instructions.

Comments or Questions?

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

Perfect Fitness®, 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

Important Safety Information

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS USER GUIDE MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.



1) **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 with any questions.

2) **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 techniques and common sense are practiced. **Before beginning your first workout, become familiar with the Perfect Ab-Carver™ 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/or muscle impairments. **If you are taking medication that may affect your heart rate, a physician's advice is absolutely essential before use of this equipment.**

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

4) **Use caution when rolling out for the first time as you may roll out excessively.** To protect against rolling out too far, place the Perfect Ab-Carver™ 12 inches from a wall. Use the wall to block your movement and progressively move back as you build up your core strength. **Use on a non-skid surface only.**

5) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the easier modifications of the exercises and become familiar with all of the exercises before moving on to more advanced modifications.

6) **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.**

7) **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.**

8) **Have plenty of clearance space.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance space to avoid unnecessary physical contact.

9) **Wear appropriate clothing when exercising.** 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.

10) **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.

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

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

Go to www.PerfectOnline.com or call 1 800 446 7587 for replacement label, user guide or questions.

Equipment Warning Label

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

▲WARNING

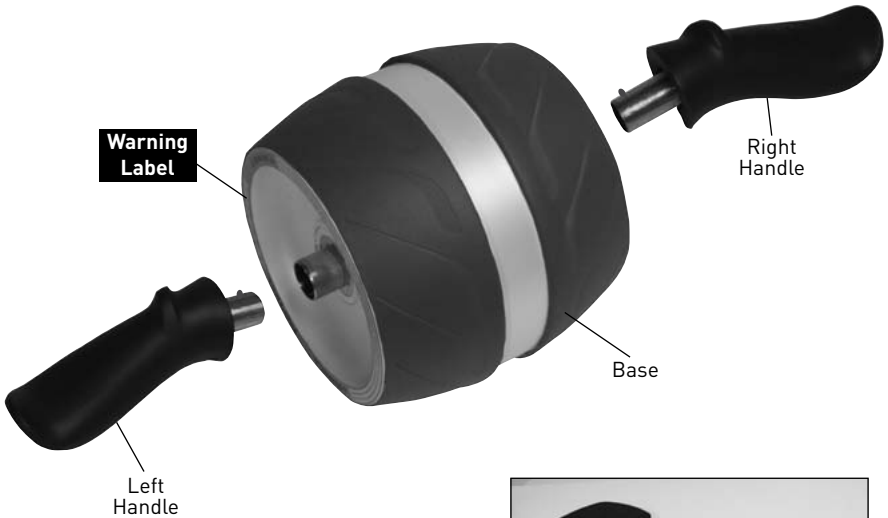
Failure to read and follow the safety instructions stated in the Owner's Manual may result in **SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. DO NOT** use if you weigh over 300 lbs/136 kg. Use on non-skid surface only. Replace this label if damaged, illegible or removed. Class HC. Go to our website: www.PerfectOnline.com or call Customer Service: 1 800 446 7587 for replacement label, manual or questions.

Specifications & Parts

Approximate:

Length: 15-1/5" **Depth:** 7-3/4" **Height:** 7-3/4"

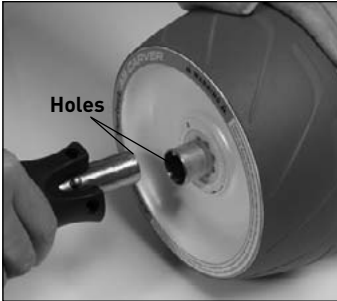
Product Weight: Approx: 4.5 lbs **Maximum User Weight:** 300 lbs



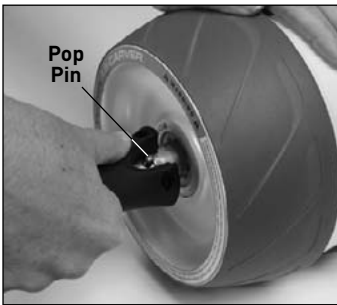
Optional Knee Pad

Assembly

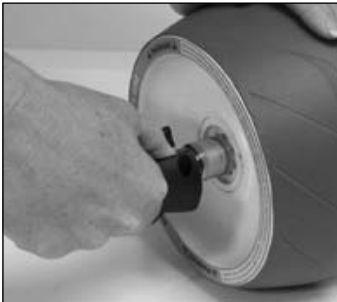
To assemble your Perfect Ab-Carver™ please follow the instructions below.



To insert the Left Handle into the Base, line up the Pop Pin on the Handle to the Hole in the Base.



Note the Pop Pin on the Handle.



Press in on the Pop Pin and insert the Handle. Make sure the Pop Pin is locked in place. The Pop Pin should pop out through the Hole on the Base. Repeat with other Handle.



Turn your Perfect Ab-Carver™ over and you are ready for your workout.

Workouts

Go to www.PerfectOnline.com/workouts to download your free workout charts. Please refer to your chart for a workout to strengthen and tone your upper body and core.

Care and Storage

The Perfect Ab-Carver™ has been carefully designed to require minimum maintenance.

Care Instructions: Remove the Handles and wipe down with a clean damp cloth.

Storage: Store your unit out of the reach of children.

Perfect.[®]

FITNESS

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 anyone to unlock their potential. Visit www.PerfectOnline.com to learn more.

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