

Perfect.CORE-BALL®

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 Core-Ball®. The Perfect Core-Ball® 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 Core-Ball®. 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 Core-Ball® 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 OWNER'S MANUAL AND ON THE WORKOUT CHART MAY RESULT IN SERIOUS INJURY, DEATH OR PROPERTY DAMAGE.



1) **Before EACH use, visually inspect the equipment. Never use this equipment if deformed, over-inflated or worn.** Call our Customer Service Department with 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 Core-Ball® 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 that may affect your heart rate, a physician's advice is absolutely essential.**

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

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.** 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.

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) **If the Core-Ball bursts, it can result in serious bodily injury.**

15) **Avoid prolonged exposure to heat sources such as direct sunlight, lamps, heaters and furnaces because this may cause the ball to deform or burst.**

16) **Avoid contacting the Core-Ball with sharp or abrasive objects.** Sharp or abrasive objects can puncture the surface causing the ball to burst.

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

18) **DO NOT use the ball if it is over inflated or expanded to a size greater than the inflation strip.**

19) **DO NOT inflate or use your ball in a room where the temperature is greater than 90° F/32° C or less than 65° F/18° C, because air temperature may cause ball to expand or deflate.**

20) **Follow all use and inflation instructions in this User Guide and on the Workout Chart.** Improper use may cause the ball to burst which can result in serious bodily injury.

21) **DO NOT use an air compressor to inflate the ball because this may cause the ball to deform or burst.** Only inflate the ball with the included pump.

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

Specifications & Parts

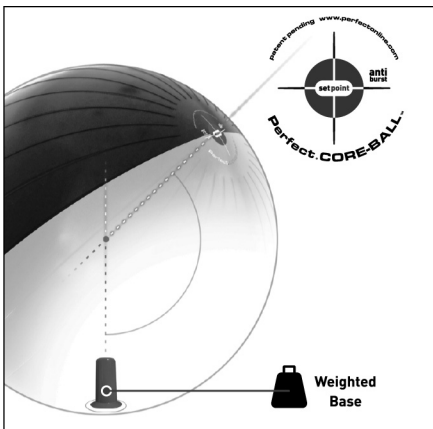
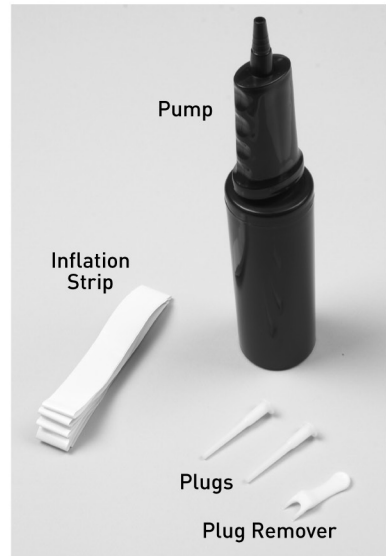
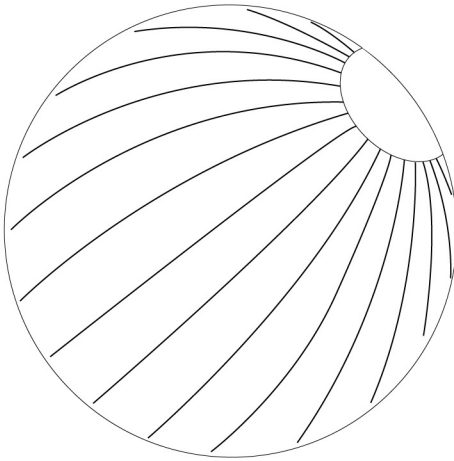
Approximate Product Weight: 3.13 lbs. **Maximum User Weight Not To Exceed:** 300 lbs/136 kg

You may have purchased one of three sizes. Choose the specification according to the ball size you purchased.

55cm/22" diameter
for user heights
of 5' to 5' 3"

65cm/26" diameter
for user heights
of 5' 4" to 5' 10"

75cm/30" diameter
for user heights
of 5' 11" and up



Self righting ball puts the Setpoint™

where you need it. The Perfect Core-Ball® is a weighted fitness ball that returns itself to the starting position. We have strategically placed a target on the side of the ball – the Setpoint™. The Setpoint™ guides your body position on the ball. It takes the guesswork out of how to use a fitness ball properly and helps you to optimize each move and maximize your results.

Inflation Instructions

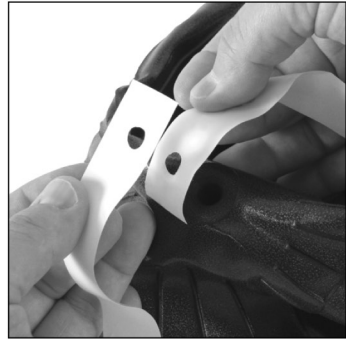
- DO NOT inflate or use your ball in a room where the temperature is greater than 90° F/32° C or less than 65° F/18° C, because air temperature may cause ball to expand or deflate.
- Follow all use and inflation instructions in this User Guide and on the Workout Chart. Improper use may cause the ball to burst which can result in serious bodily injury.
- DO NOT use an air compressor to inflate the ball because this may cause the ball to deform or burst. Only inflate the ball with the included pump.
- DO NOT use the ball if it is over inflated or expanded to a size greater than the inflation strip.

STEP 1



Find air hole and wrap the inflation strip around the deflated ball.

STEP 2



Inflation strip holes should overlap over the air hole of the ball.

STEP 3



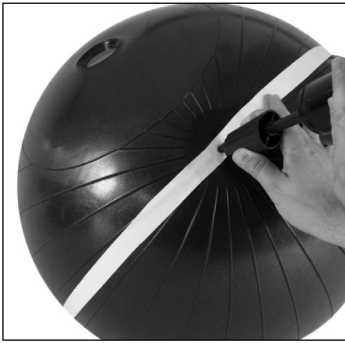
Insert the pump nozzle through both ends of the inflation strip into the air hole of the ball.

STEP 4



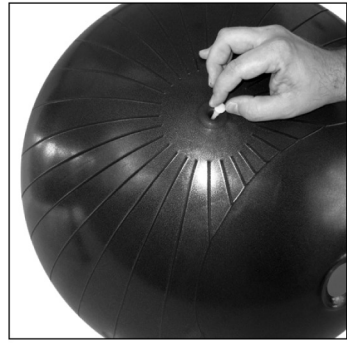
Pump ball until inflation strip loosely fits around ball. Then readjust inflation strip around the ball.

STEP 5



Inflate the ball until the inflation strip fits snugly around the ball.

STEP 6



Remove the pump nozzle and inflation strip and immediately place your finger over the hole. Then firmly insert the plug.

Warning

Before each use, visually inspect the device. Never use this equipment if it is deformed, over inflated or worn.

Workouts

Go to www.PerfectOnline.com/workouts to download your free workout chart. Follow the workout listed on the chart for each day of the week. Perform each movement for the indicated number of sets, taking a 30-60 second rest in between each set, before continuing on to the next exercise.

For a balanced training regimen, integrate this total body circuit, as well as cardiovascular and flexibility sessions, into your workouts. The Workout Chart provides some suggested timeframes for cardio.

Care & Storage

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

Clean your Core-Ball after each use with water or mild soapy water. Avoid the use of harsh chemicals.

STORAGE: The Core-Ball is easy and convenient to store either inflated or deflated. Store in an area away from children.

Perfect.[®]

F I T N E S S

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.