

Perfect.PULLUP®

User Guide

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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) **Before EACH use, visually inspect equipment and all parts to ensure they are working properly. NEVER use this equipment if it is not working properly or if there are any signs of wear such as frayed, cut, gouged or worn tubing, handles or anchors.** Call our Customer Service department with any questions or concerns regarding use.

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 technique and common sense are practiced. **Before beginning your first workout, become familiar with the Perfect Pullup® 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 and/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) **Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.

4) **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.

5) **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.**

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

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

8) **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.**

9) **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.

10) **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.

11) **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.

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

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

14) **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.

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

16) **Do not install this product unless you are able to assemble and install it properly. After installing this product and before exercising, check to make sure it has been properly installed and can support your full weight by hanging on the bar with your feet just a few inches off the floor. Do not use if you weigh over 220 lbs / 100 kg. This product is designed for installation on up-to-building-code, wood-frame doorways, 27 to 36 inches (68 – 90 cm) wide. 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.

17) 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.

Go to www.perfectonline 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 LABEL 1

⚠ 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 220 lbs/100 kg. 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.

WARNING LABEL 2

⚠ WARNING

Make certain the left and right swing arms are properly seated on the side brackets. The head of the side bracket must extend through the slots on the swing arms. Failure to follow this instruction may result in **SERIOUS INJURY OR DEATH.**

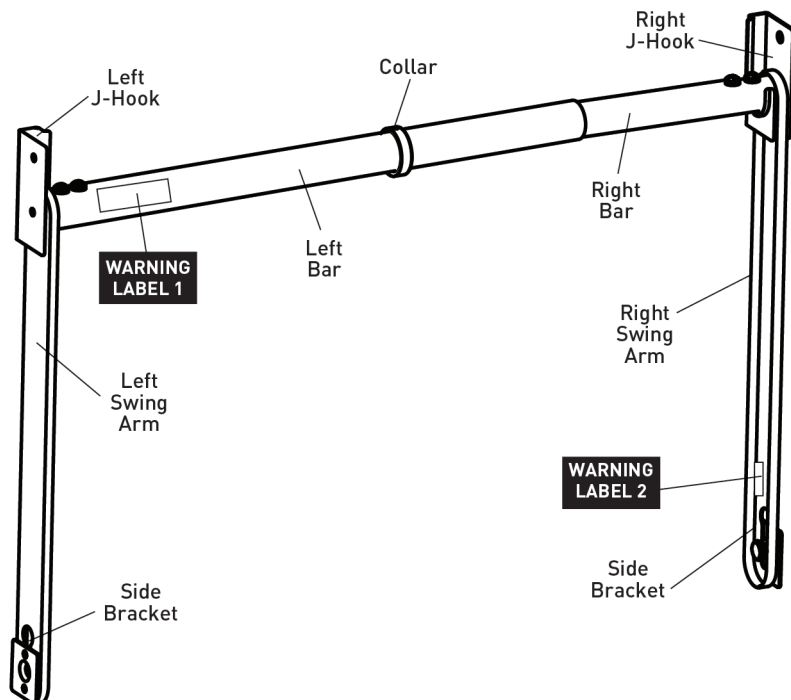
Specifications & Parts

When Assembled In Doorway:

Depth: 2" **Width:** 27" to 36" **Height:** 20-1/2"

Product Weight: 7 lbs.

Maximum User Weight Not To Exceed: 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 Pullup®. The Perfect Pullup® 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 Owner's Manual is the authoritative source of information about your Perfect Pullup®. 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 Pullup® 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 precisely follow all installation instructions provided before installing the Perfect Pullup®.

Failure to properly install the Perfect Pullup® could result in serious personal injury, death and/or property damage. Do not install the Perfect Pullup® unless you are able to install it properly and without damaging your doorway. After installing the Perfect Pullup® and before exercising, check to make sure it has been properly installed and can support your full weight by hanging on the bar with your feet just a few inches off the floor. The Perfect Pullup® is designed for installation on up-to-building-code, wood-frame doorways between 27 inches and 36 inches (68 – 90 cm) wide. Do not use if you weigh over 220 lbs. / 100kg. Any other use or misuse may result in serious personal injury, death and/or property damage. If your anticipated installation location or use does not meet these criteria, you may return Perfect Pullup® for up to 30 days from the date of purchase.

Disclaimer

Perfect Fitness is not responsible for serious personal injury, death and/or property damage that may occur as a result of the installation, removal, modification, use or misuse of the Perfect Pullup®. As with any exercise routine, you should consult with a physician before using the Perfect Pullup®, particularly if you are pregnant or have any existing injuries. If you have any questions about installing or using of the Perfect Pullup®, please contact our customer service department at help@4implus.com.

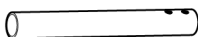
LAY OUT THE PARTS of your Perfect Pullup® unit as shown below and on the following page to familiarize yourself with the parts for easier assembly.

TOOLS REQUIRED
(not included)

Drill with 5/32" Drill Bit
Tape Measure

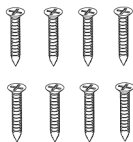


Left Bar



Right Bar

Installation
Template



M5 x 45mm
Phillips Screw (8)



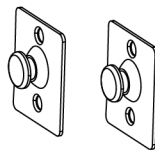
M6 x 17mm
Phillips Bolt (4)



Left
J-Hook



Right
J-Hook



Side
Bracket (2)



M6 Spring
Washer (4)



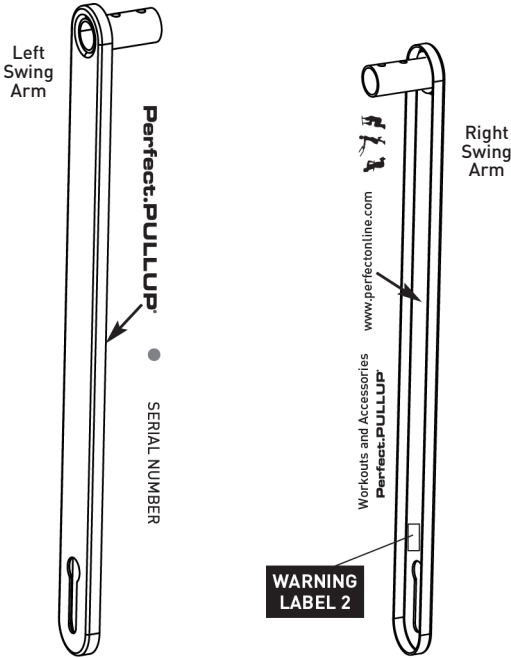
Wrench w/Phillips
Screwdriver



3mm
Allen Wrench



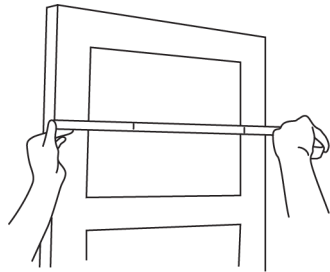
Soft Hand
Grip (2)



NOTE: The Left and Right Swing Arms have images on the insides of the arms to help you make sure you attach the correct Swing Arm to the correct Bar.

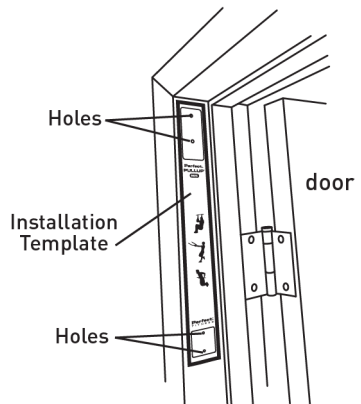
STEP 1

- a) Measure the width of your door. If your door is not 27" to 36" (68 to 90 cm) wide, try another door.



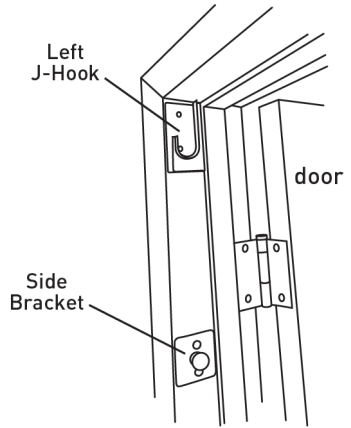
STEP 2

- a) Place the Installation Template at the top left of the door frame (side opposite the door) and mark the holes at 4 locations.
- b) Repeat for the right side of the door frame.
- c) Drill 5/32" (4mm) holes at the locations marked.



STEP 3

- a) Install the Left J-Hook and the Side Bracket using (4) M5 x 45mm Phillips Screws provided.
- b) Repeat for the right side using the Right J-Hook and the remaining Side Bracket.

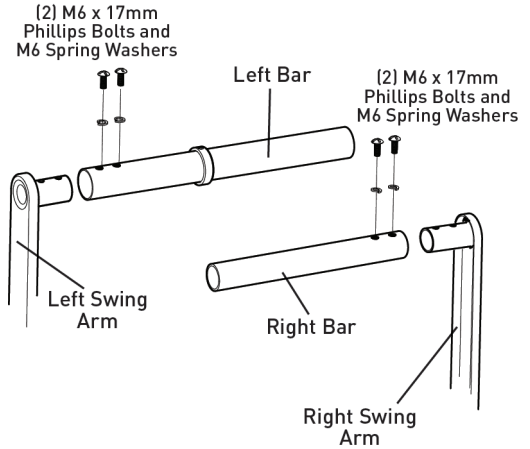


STEP 4

- a) Assemble the Left Swing Arm into the Left Bar using (2) M6 x 17mm Phillips Bolts and (2) M6 Spring Washers.

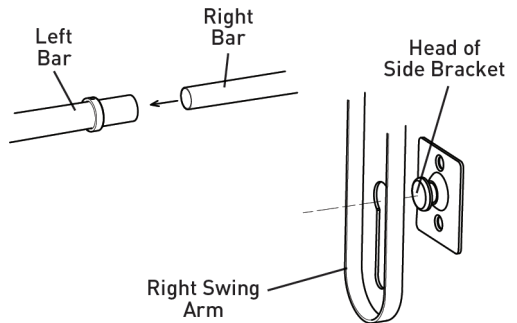
NOTE: The Left and Right Swing Arms have images on the insides of the arms to help you make sure you attach the correct Swing Arm to the correct Bar. Refer to page 7.

- b) Assemble the Right Swing Arm into the (smaller) Right Bar using (2) M6 x 17mm Phillips Bolts and (2) M6 Spring Washers.



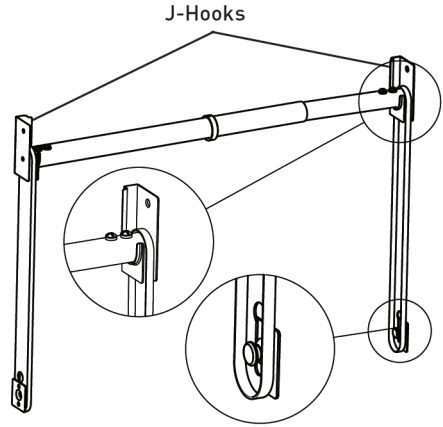
STEP 5

- a) Place the (smaller) Right Bar inside the Left Bar.
- b) Install the Left and Right Swing Arms on the left and right Side Brackets by lining up the large hole in the Swing Arm with the Head of the Side Bracket.



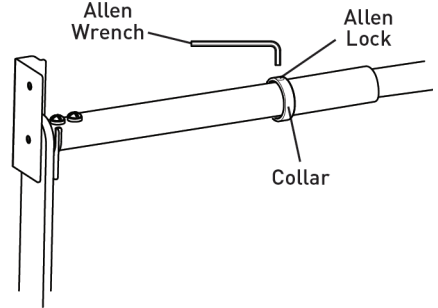
STEP 6

- a) Rotate the bar up and latch into the J-Hooks.
- b) Make sure the Swing Arms are centered in the J-Hooks and that the Swing Arms are connected to the Side Bracket as shown here.



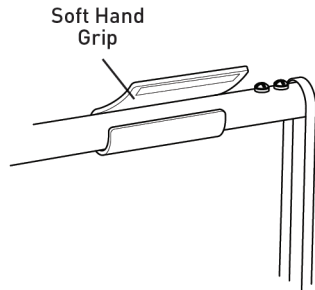
STEP 7

- a) Tighten the top (**not side**) Allen Lock in the Collar with the Allen Wrench provided. This will connect the left and right assemblies.
- b) Try removing and replacing the bar from the J-Hooks and adjust as necessary to insure smooth operation.



STEP 8

Wrap and attach the Soft Hand Grips in the desired position on the bar. Reposition as necessary during your workout.

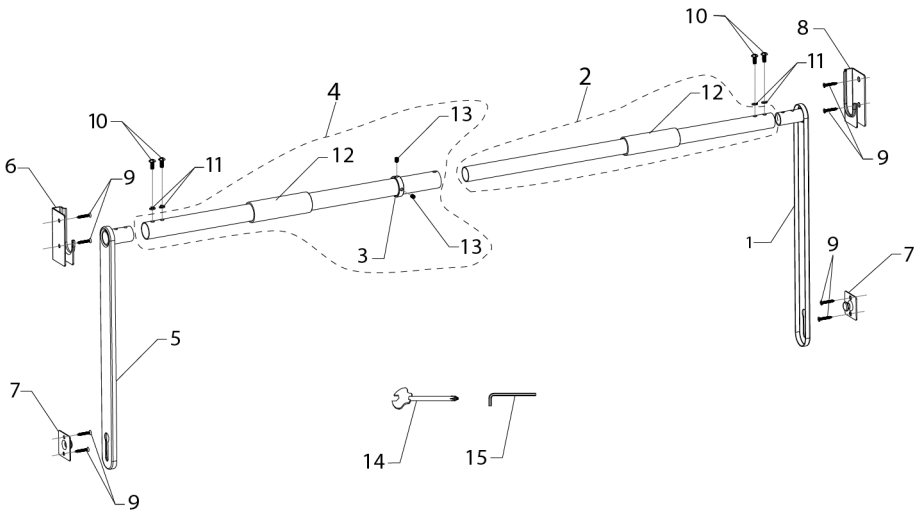


- IMPORTANT -

Test the installation by gradually putting your full weight on the bar. Check the Side Brackets, J-Hooks, and door frame for soundness. If the product does not feel stable, do not use.

Parts List & Exploded View

ITEM#	PART#	DESCRIPTION	QTY	ITEM#	PART#	DESCRIPTION	QTY
1	PLB07	Right Swing Arm	1	11	PLB14	M6 Spring Washer	4
2	PLB04	Right Bar w/Grip	1	12	PLB05	Soft Hand Grip	2
3	PLB02	Collar	1	13	PLB03	M6 x 6mm Allen Lock	2
4	PLB01	Left Bar w/Collar & Grip	1	14	MG13	Wrench w/Phillips	
5	PLB06	Left Sing Arm				Screwdriver	1
		w/Holographic Sticker	1	15	PLB15	3mm Allen Wrench	1
6	PLB09	Left J-Hook	1		PLB11	Fasteners Pack	1
7	PLB08	Side Bracket	2		PLB17	Owner's Manual	1
8	PLB10	Right J-Hook	1		PLB18	Workout Chart	1
9	PLB12	M5 x 45mm Phillips Screw	8		PLB19	Installation Template	1
10	PLB12	M6 x 17mm Phillips Screw	4		PPLBIK	Installation Kit	1



Warning

Before each use, visually inspect the device. Never use the device if it is not working properly.

Care & Storage

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

Keep your unit clean.

Wipe sweat, dust or other residue off the bar with a soft, clean cloth after each use.

To store your unit after use.

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

Workouts

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

Exercise Guidelines

Workout Phases

Every workout should consist of the following three phases:

1. 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 14 and 15 of this manual. Never push yourself beyond a point of gentle tension on the muscles being stretched. Keep your movements gentle, rhythmic and controlled.

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

2. 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 Pullup® 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, 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.

3. 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 14 and 15 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

Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. 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 at what percentage of your heart rate you are working:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%.$$

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.

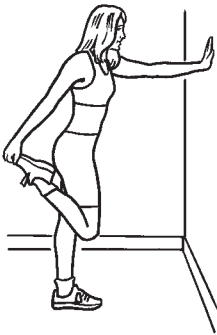
Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.

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!

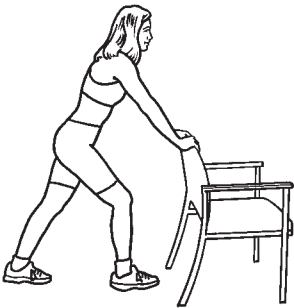
Warm-up & Cool-Down Stretches

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.



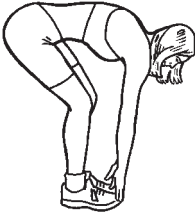
2. Calf and Achilles Stretch

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 your 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 length 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 toward 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, toes pointing forward and 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.[®]

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.

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