

# Perfect.BANDS **SET**

## 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 Bands Set.

Perfect BANDS™ are 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 & Former U.S. Navy SEAL

### **IMPORTANT:**

**This User Guide is the authoritative source of information about your Perfect Bands Set. 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 Bands, 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](mailto:help@4implus.com)

[www.PerfectOnline.com](http://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 POSSIBLE SERIOUS INJURY OR DEATH.**



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 Customer Service 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 Bands Set 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.**

3) **Tubing contains natural rubber latex which may cause allergic reactions, such as mild itching, skin redness or hives.** The allergic reactions may also be life threatening, such as anaphylactic shock, which can cause a drop in blood pressure, difficulty breathing, blueness of your skin, or even loss of consciousness. Seek medical attention immediately if you think you are experiencing any reaction to the latex.

4) **ONLY PERFORM THE EXERCISES SHOWN ON THE WORKOUT CHART.** Performing exercises or movements not specifically shown may overstretch the bands. **NEVER stretch bands more than two times band length.** Overstretching the bands can cause the band/s to separate from the cloth loops, resulting in serious injury to your eyes and/or other body parts.

5) **Handicapped or disabled people must have medical approval** before using this equipment and

should be under close supervision when using any exercise equipment.

6) **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.

7) **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.**

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

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

10) **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.**

11) **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.

12) **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.

13) **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.

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

15) **Because the bands have elastic properties, the bands may snap toward you if they break during use or are released while under stress. This can result in serious injury to your eyes and other body parts.** Therefore, it is extremely important that you inspect the bands before each use. Closely examine the bands for nicks, tears, punctures and other flaws. If you find any flaws, do not use the bands. It is also extremely important that you use smooth, controlled movements and never release the bands while they are under stress.

16) **Do not use the bands if your hands are wet or greasy.** When using the handle, follow the directions

carefully for attaching the handle to the band. Test before using by pulling on the handle (not to exceed more than two times band length) to make sure the handle is securely attached to the band. Securely grip the handle to prevent it from slipping out of your hand. Losing your grip can cause the band to snap resulting in serious injury to your eyes and/or other body parts.

17) **If you plan to anchor the bands to a stationary object (including using the door anchor), follow the directions carefully.** Test before using by pulling on the handles (not to exceed more than two times band length) to make sure that the stationary object can support your weight and that the band is securely attached to the stationary object (and door anchor when applicable).

18) **Keep bands away from sunlight, direct heat sources, dampness, grease and sharp objects that may result in cuts or punctures.**

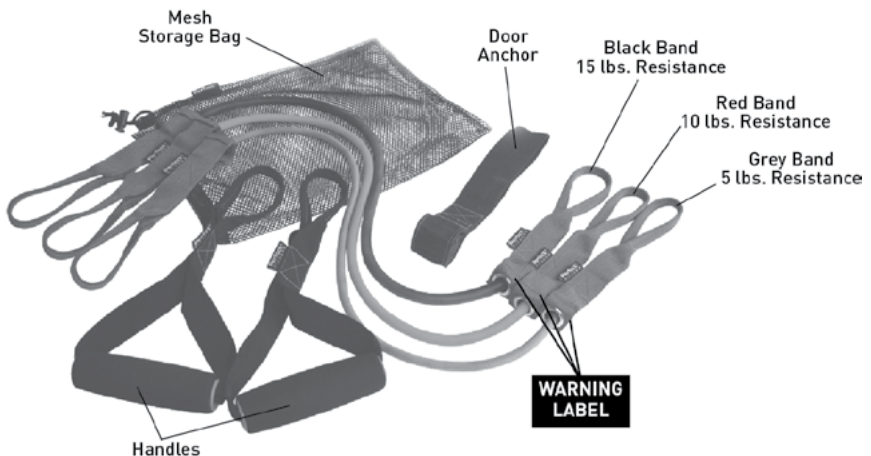
**Go to [www.PerfectOnline.com](http://www.PerfectOnline.com) or call 1 800 446 7587 for replacement label, user guide or questions.**

## Equipment Warning Label

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

**⚠ WARNING**

**Tubing contains a natural rubber latex which may cause allergic reactions.**



## Warning

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## Workouts

Go to [www.PerfectOnline.com/workouts](http://www.PerfectOnline.com/workouts) to download your free workout charts. Please refer to your chart for a total body workout to strengthen and tone your upper body, lower body and core.

## Care & Storage

Perfect BANDS™ have been carefully designed to require minimum maintenance.

To ensure this, we recommend that you do the following:  
Wipe sweat, dust or other residue off the bands, loops and handles after each use.

Store your equipment after use, out of the reach of children and high traffic areas.

**Perfect.**<sup>®</sup>  
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](http://www.perfectonline.com) to learn more.

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