

Perfect.SITUP[®]

Owner's Manual

For maximum effectiveness and safety,
please review this Owner's Manual before
using your Perfect Situp[®] equipment.



Perfect.[®]

FITNESS

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www.PerfectOnline.com

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2/15/2013

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. Fitness training can result in serious or fatal injury.** Risk of injury can be lessened when safe technique and common sense are practiced. **Before starting this or any other exercise program, 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 pre-existing health problems or balance impairments. **If you are taking medication which may affect your heart rate,** a physician's advice is absolutely essential.
- 2. 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.
- 3. 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.
- 4. Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.
- 5. 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 Parts Department to order replacement parts. Refer to page 5.
- 6. Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT** modify the equipment or use at attachments not recommended by the manufacturer.
- 7. 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. You should have a minimum of 3 feet of clearance space on all sides of your equipment.
- 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. **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 not to pinch fingers or hands in moving parts when setting up or using the equipment.
 16. **The Perfect Situp® is designed and constructed for PERSONAL OR HOUSEHOLD USE ONLY.** The Perfect Situp® should NOT be used in commercial settings including, without limitation, health clubs and fitness centers. Failure to follow these instructions could result in serious injury or death. Further, use of the Perfect Situp® 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, manual or questions.**

Equipment Warning Label

WARNING

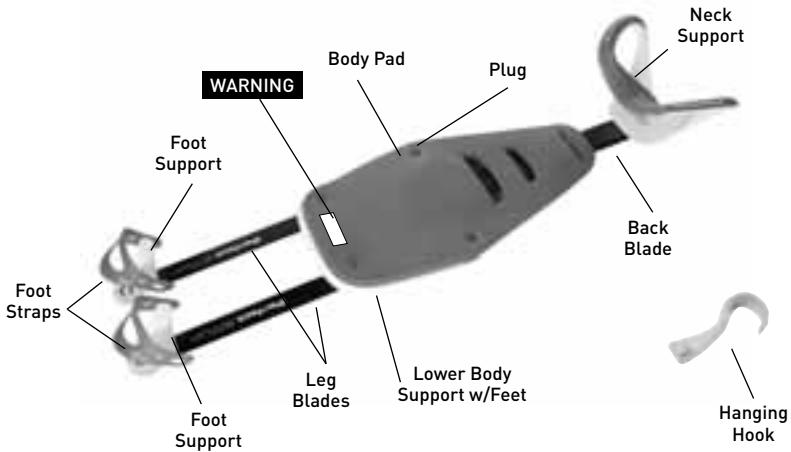
Failure to read and follow the safety instructions stated in the Owner's Manual may result in POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. Maximum user weight 300 lbs. Replace this label if damaged, illegible or removed. Class HC. Go to our website: www.perfectonline.com or call Customer Service: 1-800-446-7587 for replacement label, manual or questions.

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

Specifications & Parts

Length: 46-1/2" to 59"
Width: 15-1/4"
Height: 8-1/2"

Product Weight: 8 lbs.
Maximum User Weight:
300 lbs.



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 Situp®.

The Perfect Situp® 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 Situp®. 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.

Implus Footcare, LLC., Customer Service Department

2001 T.W. Alexander, Durham, North Carolina, 27709

Call Toll Free: 1-800-446-7587, Monday through Friday, 8:30am to 5:00pm, EST

Email: help@4implus.com

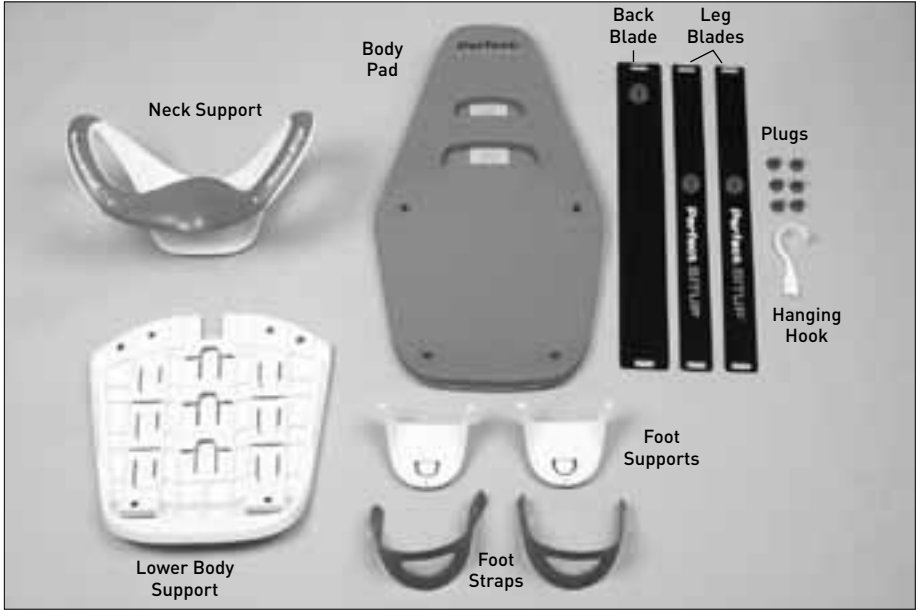
ORDERING REPLACEMENT PARTS

IMPORTANT: Please have your serial number, date of purchase and this Owner's Manual ready when calling for parts.

Serial #: _____ Date Purchased _____

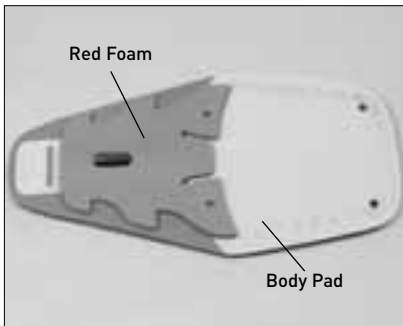
Assembly Instructions

LAY OUT THE PARTS of your Perfect Situp as shown below and familiarize yourself with the parts for easier assembly.



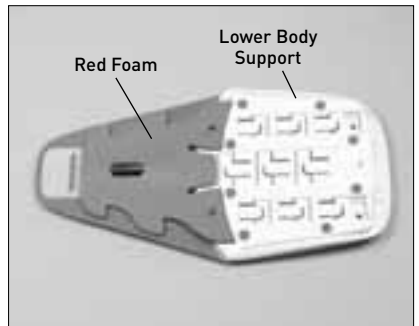
STEP 1

Lay the Body Pad down on a flat surface. Red Foam side up.



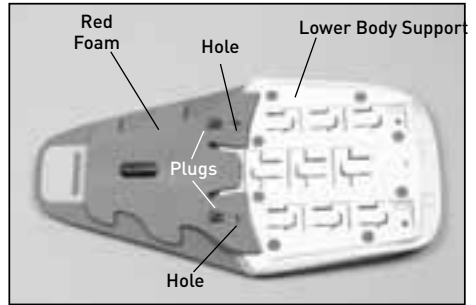
STEP 2

Place the Lower Body Support on top of the Body Pad with the Red Foam on top of the Lower Body Support.



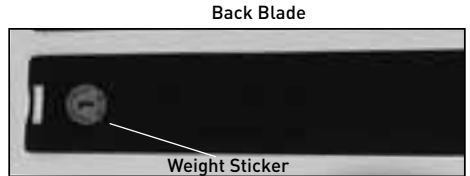
STEP 3

Line up holes of Red Foam and Lower Body Support. Press in 2 of the Plugs through both parts.



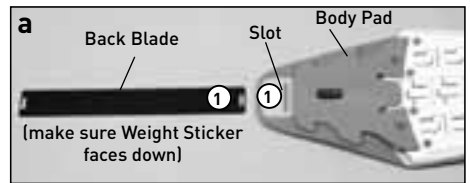
IMPORTANT:

Before assembling the Back Blade, make sure that the Weight Sticker is facing down. Failure to do so can damage your unit.

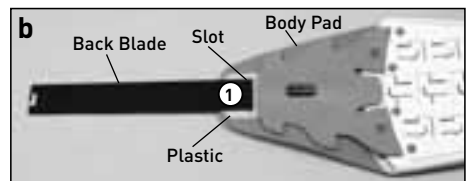


STEP 4

NOTE: When attaching the Back Blade make sure the Number Sticker (1) is facing up (as shown) and matches the number on the Body Pad.



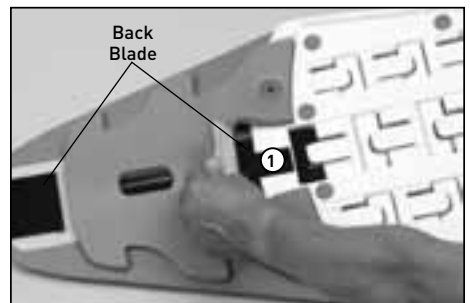
b. Slide the Back Blade into the Slot in the plastic on the Body Pad.



STEP 5

The Back Blade will come out under the Foam just before the Lower Body Support. Continue pushing the Back Blade until it locks into the 1st Lock.

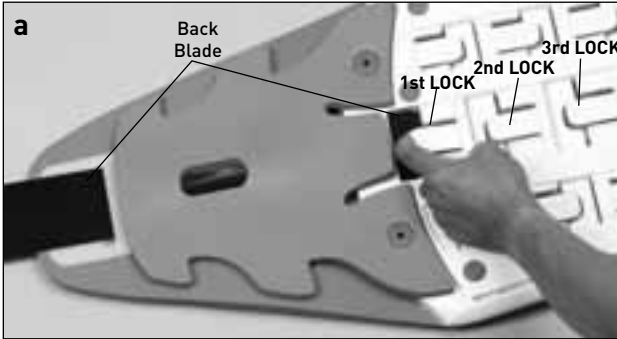
You will hear and feel the Back Blade lock into the 1st Lock.



STEP 6

The Back Blade can be locked into 1 of 3 Locks provided. It is suggested to lock the Back Blade into the 2nd Lock.

a. To adjust and move the Back Blade to the 2nd Lock, lift lightly on the 1st Lock.

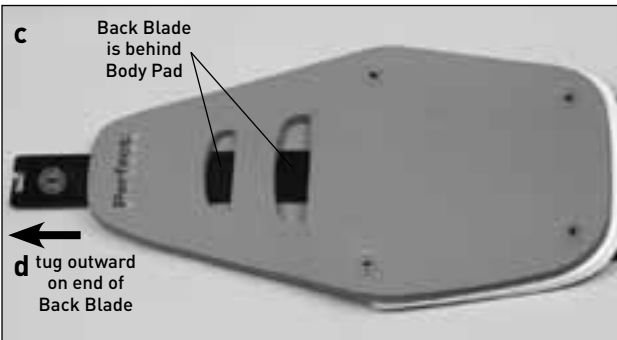


b. Slide the Back Blade into the 2nd Lock. You will hear and feel the Blade lock into each Lock as you adjust the Back Blade.



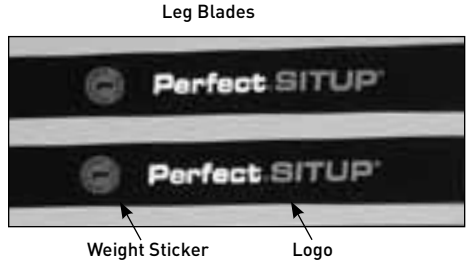
c. After locking the Back Blade into the 2nd Lock, turn the assembly over to be sure the Back Blade is assembled properly as shown below.

d. Tug outward on the end of the Back Blade to make sure it is securely in place.



IMPORTANT:

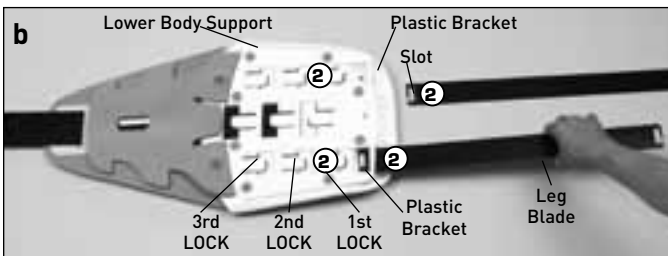
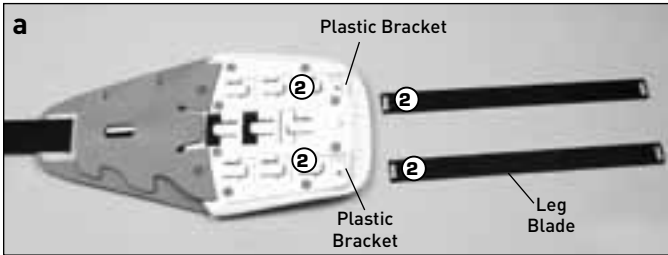
Before assembling the Leg Blades, make sure that the Perfect Situp Logo and Weight Sticker are facing down. **Failure to do so can damage your unit.**



STEP 7

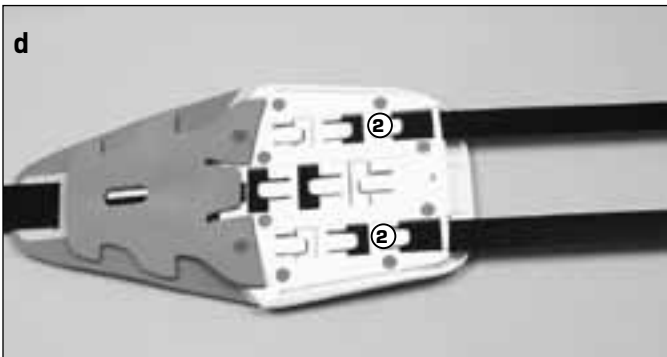
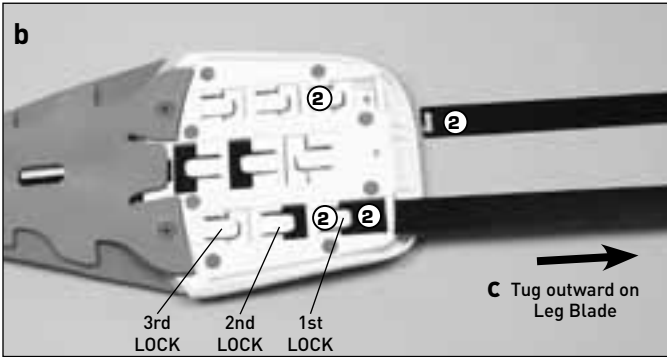
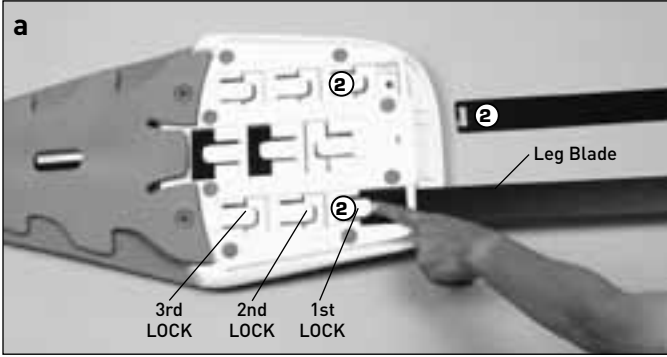
- a. Turn the assembly back over to continue assembly.
- b. With the printed side down, make sure the Number Sticker (2) on the Leg Blades are facing up (as shown) and match the numbers on the Plastic Bracket. Slide one of the Leg Blades under the Plastic Brackets and into the slot at the bottom of the Lower Body Support.

The slot at the end of the Leg Blade will lock into one of the 3 Locks provided. It is suggested to lock the Leg Blade into the 2nd Lock. You will hear and feel the Leg Blade lock into the 1st Lock.



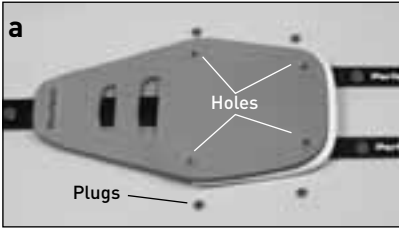
STEP 8

- a. To adjust and move the Leg Blade to the 2nd Lock, lift lightly on the 1st Lock.
- b. Slide the Leg Blade into the 2nd Lock.
- c. Tug outward on the Leg Blade to make sure it is securely in place.
- d. Follow this same procedure for the 2nd Leg Blade.



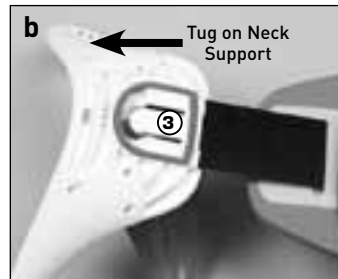
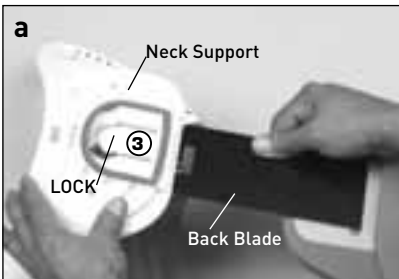
STEP 9

- a. Turn the unit face up. Make sure the Holes on the Foam align with the Holes on the Lower Body Support.
- b. Insert the 4 plugs into the Body Pad and through the Lower Body Support.



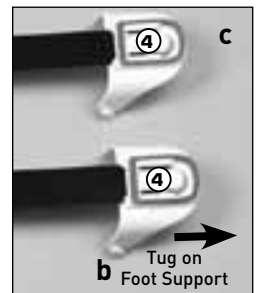
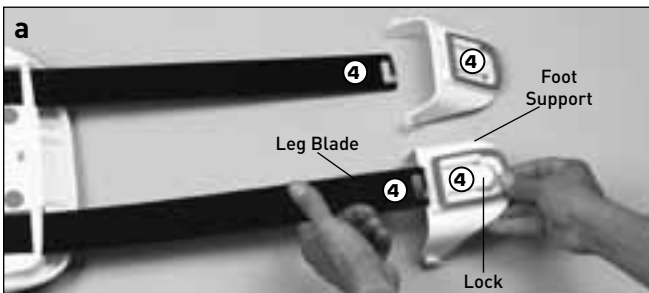
STEP 10

- a. Turn the unit over. Make sure the Number Sticker (3) on the Back Blade matches the number (3) on the Neck Support. Slide the Neck Support onto the Back Blade. You will hear and feel the Blade lock into place.
- b. Tug on the Neck Support to make sure it is securely in place.



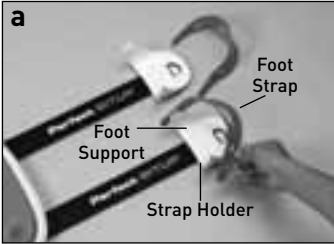
STEP 11

- a. Slide the Foot Support onto the Leg Blade. Make sure the Number Sticker (4) on the Leg Blade matches the number (4) on the Foot Support. You will hear and feel the Leg Blade lock into place.
- b. Tug on the Foot Support to make sure it is securely in place.
- c. Follow the same procedure for the second Foot Support.



STEP 12

- a. Turn the unit over. Attach the Foot Strap onto the Foot Support by placing the hole in the Foot Strap over the holder on the Foot Support. Attach the other end of the Foot Strap in the same manner.
- b. Follow the same procedure for the second Foot Support and Foot Strap.



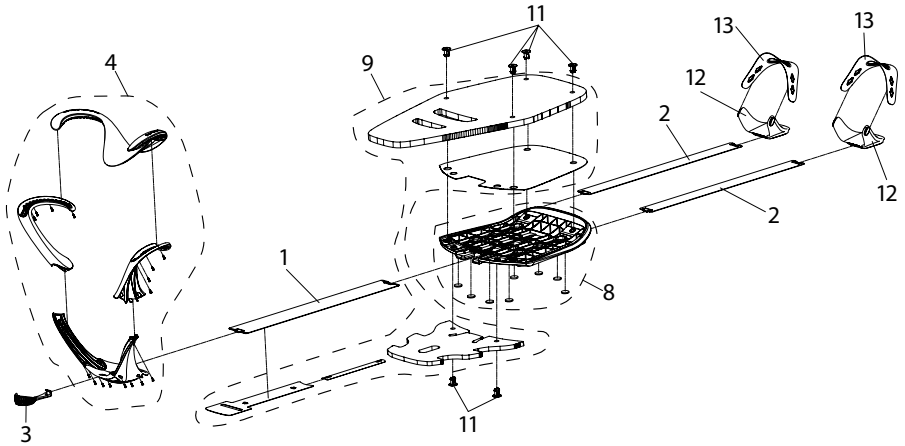
ASSEMBLY IS NOW COMPLETE IMPORTANT:

Please read this Owner's Manual and your Workout Chart before beginning your workout for important instructions on how to use your Perfect Situp®.



Parts List & Exploded View

ITEM#	PART#	DESCRIPTION	QTY	ITEM#	PART#	DESCRIPTION	QTY
1	PPS06X	Level 1 Back Blade	1	13	PPS05X	Foot Strap	2
2	PPS07X	Level 1 Leg Blade	2		PPS10X	Owner's Manual w/Meal Plan	1
3	PPS09X	Hanging Hook	1		PPS11X	Instructional Chart	1
4	PPS03X	Neck Support	1		PPS16X	Level 2 Back Blade - optional	1
8	PPS02X	Lower Body Support w/Feet	1		PPS17X	Level 2 Leg Blade - optional	2
9	PPS01X	Body Pad	1		PPS18X	Level 3 Back Blade - optional	1
11	PPS08X	Plug	6		PPS19X	Level 3 Leg Blade - optional	2
12	PPS04X	Foot Support	2		PPS20X	Guide To Healthy Eating Book	1



Care & Storage

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

Keep your Perfect Situp clean.

Wipe sweat, dust or other residue off the Neck Support, Body Pad, Foot Supports and Foot Straps with a soft, clean cloth after each use.

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

Tug on the Back and Leg Blades, Neck Support and Foot Straps to insure they are locked in place every time you use your device.

To store your Perfect Situp after use.

Store your device by attaching the Hanging Hook to the top of the Neck Support.

Carefully hang in a closet or in an area where there is little traffic and no children.



Getting Started

ADJUSTING BACK AND LEG BLADES

The Neck Support and Foot Supports can be adjusted from 1 to 3 positions to fit your height.

Locking the Back and Leg Blades into the 1st Lock will make the unit longer and locking the Back and Leg Blades into the 3rd Lock will make the unit shorter.

To adjust the Neck Support, follow assembly instruction Step 6a, b, c and d.

To adjust the Foot Supports, follow assembly instruction Step 8a, b, c and d.

ADJUSTING FOOT STRAPS

The Foot Straps can be adjusted for a tighter fit. To make the Strap smaller, simply pull on the end of the Strap and pull off the Strap Holder. Place the 2nd hole over the Holder. This can be done on both sides of the Foot Straps and both Foot Supports.

PROPER POSITIONING - Refer to your Workout Chart for detailed instructions.

Get into the proper position - Lie on your back with your feet in the Foot Straps.



Correct Foot Strap adjustment.



Adjust Leg Blades so that knees are bent at 90-degrees.



Hips at the bottom edge of contoured base.



Adjust Back Blade so Neck Support cradles neck and bottom of head.

Prepare the body for movement

- Rotate the hips so that the tail bone curves toward your feet. This creates a posterior pelvic tilt and helps activate the deepest and hardest to reach layer of the abdominals.
- Make sure there is no space between the lower back and the mat.
- Draw belly button into spine and tighten the ab muscles. Your abs should feel engaged, but not strained.



Start Position

Move the body

- Perform repetitions slowly and with control.
- Count 4 seconds up, hold 2 seconds, count 4 seconds down.
- Exhale on the way up and inhale on the way down.
- Eyes look forward to 45 degrees.
- When full range of motion is reached on the Upper Ab Crunch exercises, most users will hear a click.*

*If you don't hear a click, you will still get an effective core workout. You will build up to consistently hearing the click, which helps you know you have completed the move. Please note, the click sound may not be heard during the oblique exercises



Range of Motion Sensor™ Guides Your Workout

Exercise Guidelines

IMPORTANT

Please review this section before you begin exercising.

WARNING:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test. Your physician can also assist you in determining the Target Heart Rate Zone appropriate for your age and physical condition.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate
- Consult a healthcare professional if you have health conditions that make situps and related exercises difficult or potentially harmful.

Workout Phases

Every workout should consist of the following three phases:

Warm-Up

To prevent injury and maximize performance, we recommend that each workout period should 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 18 and 19 of this manual. Never push yourself beyond a point of gentle tension on the muscles being stretched. Keep your movements gentle, rhythmic and controlled.

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 Situp® 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 or you may have increased your program too rapidly.

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 18 and 19 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

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 what percentage of your heart rate you are working at: $\% \text{ heart rate} = (220 - \text{age}) \times \%$. 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 guidelines, people with any 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

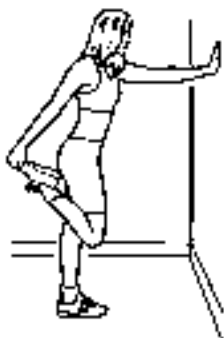
1. Adopt a specific plan and write it down.
2. Keep setting realistic goals as you go along, and remind yourself of them often.
3. Keep a log to record your progress and make sure to keep it up-to-date.
4. Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
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 the tightness in muscles that results from repetitive sport movements. 10 to 12 minutes of daily stretching is recommended.

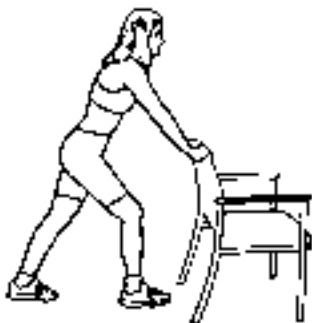
This should be done when warming up and cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. 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 arms 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 overhead 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 towards 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 and toes pointing forward and with your 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 Situp® System

Perfect Situp® is more than just a piece of exercise equipment, it is a total exercise and nutrition system. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle.

The Perfect Situp system is a 10 week program designed to help you achieve balanced fitness. The system consists of 3 parts:

1. Perfect Situp Workout. The Perfect Situp® was designed to help you tone and strengthen your core, which include the abdominal muscles, lower back and hips. We recommend that you do the Perfect Situp Workout 3 times a week, and perform the exercises in the order shown on the chart. Determine your fitness level and follow the appropriate workout on the Workout Chart included with your product. Most people with some exercise experience are able to start the Perfect Situp Workout at the Intermediate level. Warm up for 5 -10 minutes before beginning your Perfect Situp workout. Follow the warm-up guidelines on page 16.

2. Cardiovascular Exercise. The Perfect Situp system includes a cardio workout program. You can achieve an effective cardio workout from a variety of activities, such as walking, hiking, swimming, jogging or low-impact aerobics. We recommend that you do a cardio workout for at least 30 minutes, 3 times a week. The frequency and duration of your cardio workouts will depend on your current fitness level. Please refer to the Cardiovascular Conditioning section on pages 22 – 25 in this manual to determine the workout that is appropriate for you.

3. Nutrition. The Perfect Situp system also includes the Perfect Situp Meal Plan that is included when you purchase the product. This provides you with nutritional guidelines and a healthy eating plan that is designed to help you lose weight in ten weeks or less. The Perfect Fitness Eating Plan Booklet is also included with your Perfect Situp system. This booklet allows you to customize your calorie needs according to your activity level and current weight. Choose the plan that best fits your goals.

Please note the User Guide inside the box includes a meal plan. Please consult your physician before beginning this or any other meal plan. Not intended for everyone, especially people with known allergies or health issues.

Determining Your Fitness Level

Before beginning any workouts on the Perfect Situp®, you should first determine your current fitness level. The following are guidelines that you can use to determine your fitness level, but remember that these are just guidelines. You must always listen to your body. Start out at a level that is comfortable to you and progress sensibly.

Beginner – No previous exercise experience, or have not exercised in a long time.

Start the Perfect Situp system at the Beginner level and continue that workout for at least 3 weeks. Beginners should start out slowly and perform only as many exercises and repetitions as you are able to do with good form and technique.

Intermediate – Have been exercising regularly for at least 3 weeks. If you started the Perfect Situp system as a beginner, you can progress to the Intermediate level after 3 weeks. Once you can comfortably complete all of the exercises and suggested repetitions in the Intermediate workout with good technique, you may repeat the exercise routine for a second or third set. If you start the program at an Intermediate level, continue that workout for 6 weeks, and progress to the Advanced level when appropriate.

Advanced – Have been exercising regularly for 6 weeks or more. If you started at the Intermediate level, you can progress to the Advanced level after 6 weeks. Only progress to the Advanced level when you can easily perform all of the reps and sets in the Intermediate workout with good form and technique. To increase the challenge of your workouts, you may repeat the exercise routine for 3 to 4 sets. Remember to always work out and progress at a pace that is comfortable to you, and make sure you complete all of the repetitions of each exercise with good form and technique.

Cardiovascular Conditioning

Exercise that challenges the heart is a simple part of an exercise program – almost anyone can walk, run, treadmill, climb steps, or bike. But, creating a progressive, time efficient and results oriented cardio program takes a little planning. A properly designed and consistently performed cardiovascular training program is an essential part of your program if you want to improve your health and lose weight, or maintain a healthy lifestyle.

Training Aerobically

Aerobic exercise is the key to building a stronger heart and can reduce your chances of heart disease, as well as burn lots of fat and calories. Aerobic exercise is any activity that you can keep at for several minutes or longer and increases your heart rate. Activities that have the potential to condition the heart typically involve the large muscles of the hips, thighs and buttocks. Examples include walking, hiking, jogging, running, cycling, in-line skating, swimming, cross-country skiing and stair stepping.

Benefits of Aerobic Training

Health benefits of aerobic exercise include the following:

1. A stronger and healthier heart.
2. Increased HDL. This “good” cholesterol helps keep your arteries unplugged and healthy.
3. Decreased total cholesterol. This is the debris in your blood that can clog your arteries.
4. Reduced blood pressure. Even moderate exercise can help.
5. Reduced risk for heart attack and stroke.
6. Decreased body fat and an ability to help you reach your desirable weight. You’ll become a better fat-burner and burn a lot of calories every session.
7. Decreased risk for diabetes.
8. Reduced feelings of anxiety, tension and depression.
9. Improved sleep.
10. Higher levels of energy. Efficient delivery and use of blood and oxygen is the key to increased vigor and performance.

Warming Up And Cooling Down

Warming up and cooling down are essential to a balanced and safe exercise program. A proper warm-up and cool down can:

- Make your workouts safe and easier to do,
- Limit the risk of unnecessary stress on your heart,
- Get you ready for your activity,
- Improve your stamina and endurance (you won’t tire as quickly),
- Decrease your risk for injury,
- Increase enjoyment of your workouts, and
- Help you stick with your health and fitness program.

Warm-up. To prevent injury and maximize performance, we recommend that each workout period should 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 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 should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 18 and 19. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

Cool down. A cool down reverses what your warm-up accomplished. It's just as important to ease out of your workout as it is to ease into it. The cool down returns your body to a pre-exercise level. A proper cool down should last about 5 to 10 minutes and consists of moderate to mild exercise. You're exercising at a level of effort that is lower than that used during the main part of your cardiovascular conditioning workout.

How Often, How Long, and How Hard

The choices you make about the frequency (how often), duration (how long), and intensity (how hard) at which you will train, will directly influence your training results.

How often. If you want to see serious improvements in your fitness, lose weight and develop a good training base, you need to do cardio workouts three to six times per week.

If you are just starting a program or out of shape, don't let these recommendations discourage or mislead you. Realize that doing cardio training two to three times per week will still result in significant fitness improvement and health benefits. Your long-term goal is to build up to exercising your heart on most days of the week.

How long. How long you work out depends on your current level of fitness. Again, if you're just starting a program or out of shape, don't follow strict textbook recommendations. Instead, start with 5 to 10 minutes once or twice per day. You will see significant fitness improvement. Your long-term goal is to build to a duration of 30 to 60 minutes of cardiovascular activity on most days of the week.

How hard. Aerobic intensity guidelines for healthy adults are generally set at 40 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.

Progressive Cardiovascular Training Program

The training program that follows is a progressive training program for cardiovascular conditioning. It can be used for any aerobic activity you choose.

CONDITIONING BASE

Week	How Often (times per week)	How Long (minutes)	How Hard (% heart rate)	How Hard (RPE)*	RPE Descriptive Rating
1	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
2	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
3	2 - 3	10 - 17	40 - 50	2 - 4	Somewhat easy to somewhat hard
4	2 - 3	10 - 17	50 - 60	2 - 4	Somewhat easy to somewhat hard
5	3	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard
6	3 - 4	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard

MOVING BEYOND BASE-LEVEL FITNESS

Week	How Often (times per week)	How Long (minutes)	How Hard (% heart rate)	How Hard (RPE)*	RPE Descriptive Rating
7 - 9	3 - 4	20 - 25	60 - 65	3 - 4	Moderate to somewhat hard
10 - 13	3 - 4	21 - 25	65 - 70	4 - 5	Somewhat hard to hard
14 - 16	3 - 4	26 - 30	65 - 70	4 - 5	Somewhat hard to hard
17 - 19	3 - 5	26 - 30	70 - 75	4 - 5	Somewhat hard to hard
20 - 23	3 - 5	31 - 35	70 - 75	4 - 5	Somewhat hard to hard
24 - 27	3 - 5	31 - 35	70 - 75	4 - 5	Somewhat hard to hard

MAINTENANCE

Week	How Often (times per week)	How Long (minutes)	How Hard (% heart rate)	How Hard (RPE)*	RPE Descriptive Rating
After 4-6 months	3 - 6	30 - 60	40 - 85	3 - 6	Easy - Moderate to somewhat hard

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6 -10 represents effort that is somewhat hard, to very hard.

Smart Progression

In regard to progressing to a higher intensity level, longer duration, or more frequent sessions, it makes good sense to change only one of these elements at a time. You run a higher risk of overuse injury if you simultaneously increase more than one of these elements. A conservative yet effective guideline is to increase intensity or duration by no more than about 5 percent. You should adapt to this increase over a period of a week or two, and then consider changing one of the other variables (frequency, duration or intensity) or further progressing the one you've adapted to.

Top Aerobic Exercise

No one cardiovascular activity is better than another! Manipulating how hard (intensity), how often (duration), and how long (frequency) you participate in a particular aerobic activity determines its effectiveness or lack thereof. And of course, you have to like what you're doing. Choose the type of aerobic activity that is right for you by identifying one or more types of cardio exercise that you can see yourself sticking to, and enjoying, for the rest of your life. Often, the best aerobic exercise will be not one, but several activities that are fun and feel good to your body. Excellent cardiovascular activities include, but are not limited to, walking, swimming, water fitness, jogging, running, cross-country skiing, in-line skating, lateral movement training (slide), cycling, mountain biking, and step training.

Cardio Workout Tracking Sheet

Use this chart to keep track of your progress over time. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

Activity	Date	How Long (minutes)	Heart Rate	How Hard [RPE]*

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6 -10 represents effort that is somewhat hard, to very hard.

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.

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