

## General Use

Wear the Perfect Core Support to help trim your waistline and provide support to your lower back during your workouts. To fit the band around your waist, place the Core Support around the lower back area using both hands. First adjust the wide neoprene belt to your desired fit and then adjust the elastic back support. Do not over tighten. Core Support contains neoprene which may cause allergic reactions.

## Workouts

Perfect Core Support can be worn during most workouts to help support and trim your waistline. Go to [www.PerfectOnline.com/workouts](http://www.PerfectOnline.com/workouts) to download a wide variety of workout options using other Perfect Fitness equipment.

## Care & Storage

Your Perfect Core Support has 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 Core Support after each use.  
Hand wash in warm water with a gentle laundry detergent. Rinse thoroughly and hang to dry. Do not put in dryer. Do not iron.

# Perfect.

Perfect 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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# Perfect.CORE SUPPORT

## 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 Support. No matter your fitness level, you can progress at a rate that's right for you using Perfect® 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 Founder & former U.S. Navy SEAL

## IMPORTANT:

**This User Guide is the authoritative source of information about your Perfect Core Support. Please read it carefully and follow all the instructions.**

## Comments or Questions?

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

Perfect® Customer Service Department  
2001 T.W. Alexander Drive, Box 13925, Durham, North Carolina 27709-3925

Call Toll Free: 1 877 974 7733, 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 the product. Never use this product if it is torn or if there are damaged or worn parts. Before the first use become familiar with the Perfect Core Support and review all exercise guidelines prior to using the equipment. 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 techniques and common sense are practiced. 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 which may affect your heart rate, a physician's advice is absolutely essential before use of this equipment.

3) The Core Support contains neoprene, which may cause allergic reactions, such as mild itching, skin redness or hives, especially if the product is worn for extended periods of time. 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 neoprene. Do not apply directly over open wounds.

4) It's strongly suggested that handicapped or disabled people have medical approval before using this product and should be under close adult supervision when using any exercise equipment.

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

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) Utilize 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.

10) 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.

11) 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.

12) 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.

13) If using this product in conjunction with other equipment, please read and follow all of the manufacturers' instructions for that equipment as well. If not available, contact the manufacturer for proper instructions.

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

Go to [www.PerfectOnline.com](http://www.PerfectOnline.com) or call 1 877 974 7733 for replacement label, user guide or questions.

## Specifications & Parts

### ⚠ WARNING

**CORE SUPPORT CONTAINS NEOPRENE WHICH MAY CAUSE ALLERGIC REACTIONS.**

Length: 46" Depth: .25" Height: 8.75"

Material Content:

50% Neoprene, 40% Polyester, 10% Nylon

