PERFECT MULTI–GYM MOVEMENTS

THE POWER OF PUSH–PULL–SIT

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 almost anyone to unlock their body’s potential. Visit PerfectOnline.com to learn more.

MUSCLE GROUPS: CHEST, TRICEPS, SHOULDERS

Oblique Situp

SETUP
Lie on back and wedge feet under crossbar, legs straight. Hands behind head, fingertips at ears, elbows open.

MOVEMENT
• Activate abdominals and perform full situp.
• Lower back to start position with control.
• Repeat on other side.
• Count two seconds up and two seconds down.

Straight Leg Situp

SETUP
Lie back and wedge feet under crossbar, legs straight. Hands behind head, fingertips at ears, elbows open.

MOVEMENT
• Activate abdominals and perform full situp.
• Lower back to start position with control.
• Press bellybutton to floor i.e. totally flat back
• Count two seconds up and two seconds down.

Warning! Advanced movement. Only try if you can complete regular situps without pain in lower back.

MUSCLE GROUPS: ABDOMINALS, HIP FLEXORS

Full Situp

SETUP
Place MULTI–GYM along base of doorway and pull back so that foam cushions press against opposite side of door. Lie on back and wedge feet under crossbar, knees bent at 90-degrees. Hands behind head, fingertips at ears, elbows open.

MOVEMENT
• Activate abdominals and perform full situp.
• Lower back to start position with control.
• Count two seconds up and two seconds down.

MUSCLE GROUPS: BACK, BICEPS, SHOULDERS

Wide Pullup

SETUP
Standing upright, pull navel in and grab wide section of bar. Palms face out.

MOVEMENT
• Slowly and with control, pull body up, drawing elbows along ribs.
• Keep head in neutral position, with ears above shoulders.
• Hold at top of movement for one full count.
• Slowly lower body back to start position.

Hammer Pull Up

SETUP
Standing upright, pull navel in and grab hammer hand grips. Palms face each other.

MOVEMENT
• Slowly and with control, pull body up, drawing elbows along ribs.
• Keep head in neutral position, with ears above the shoulders.
• Hold at top of movement for one full count.
• Slowly lower body back to start position.

Chin Up

SETUP
Standing upright, pull navel in and grab bar on inside of doorway, shoulder-width apart. Palms face you.

MOVEMENT
• Slowly and with control, pull body up, drawing shoulders downward.
• Keep head in neutral position, with ears above the shoulders.
• Hold at top of movement for one full count.
• Slowly lower body back to start position.

Wide Pullup Modification Dip

SETUP
Place hands directly below shoulders on center bar. Pull navel in to activate core as you align head, neck, hips and legs in a straight line.

MOVEMENT
• Slowly lower body down, flexing at elbows until they form a 90-degree angle.
• Hold at bottom of movement for one count.
• Push back up to start position.

Close Pushup

SETUP
Place hands two hand-widths wider than shoulder-width apart on crossbar. Pull navel in to activate core as you align head, neck, hips and legs in a straight line.

MOVEMENT
• Slowly lower body down, flexing at elbows until they form a 90-degree angle.
• Hold at bottom of movement for one count.
• Push back up to start position.

Close Pushup Modification Dip

SETUP
Start in seated position with hands on bent portion of bar.

MOVEMENT
• Lift body off ground, shifting weight back so hips are between hands.
• Slowly lower down – keeping elbows as narrow as possible – then press up, performing a tricep dip.

MUSCLE GROUPS: BACK, BICEPS, SHOULDERS

Regular Pushup

SETUP
Place hands slightly wider than shoulder-width apart in hammer position. Pull navel in to activate core as you align head, neck, hips and legs in a straight line.

MOVEMENT
• Slowly lower body down, flexing at elbows until they form a 90-degree angle.
• Hold at bottom of movement for one count.
• Push back up to start position.

Wide Pushup

SETUP
Place hands two hand-widths wider than shoulder-width apart on crossbar. Pull navel in to activate core as you align head, neck, hips and legs in a straight line.

MOVEMENT
• Slowly and with control, pull body up, drawing elbows alongside ribs.
• Keep head in neutral position, with ears above the shoulders.
• Hold at top of movement for one full count.
• Slowly lower body back to start position.

Oblique Situp Straight Leg Situp

SETUP
Lie on back and wedge feet under crossbar, legs straight. Hands behind head, fingertips at ears, elbows open.

MOVEMENT
• Activate abdominals and perform full situp.
• Lower back to start position with control.
• Press bellybutton to floor i.e. totally flat back
• Count two seconds up and two seconds down.

Warning! Advanced movement. Only try if you can complete regular situps without pain in lower back.

Visit PerfectOnline.com to learn more.
THREE-SET SUPERMAX

TIME: 5 MINUTES

This is an intense, gut-wrenching workout that will take you to your limit in a short time.

INSTRUCTIONS:
• Perform your maximum number of pushups, directly followed by your maximum number of pullups, then do as many situps as you can complete in one minute. That is one superset.
• Go immediately from one exercise to the next, without stopping between exercises or sets.
• Continue for three supersets. Keep track of the number of reps you performed for each exercise in every set.

PERFORM THE PUSH, PULL AND SIT MOVEMENTS DIRECTED BY THE CHART FOR EACH SET:

<table>
<thead>
<tr>
<th>SETS</th>
<th>PULL</th>
<th>PUSH</th>
<th>SIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>WIDE</td>
<td>WIDE</td>
<td>FULL</td>
</tr>
<tr>
<td>2</td>
<td>HAMMER</td>
<td>REGULAR</td>
<td>OBLIQUE</td>
</tr>
<tr>
<td>3</td>
<td>REVERSE</td>
<td>CLOSE</td>
<td>STRAIGHT LEG</td>
</tr>
</tbody>
</table>

KEEP TRACK OF HOW MANY POINTS YOU EARN EACH TIME YOU COMPLETE THE THREE-SET SUPERMAX TO TRACK YOUR PROGRESS
Add up the number of repetitions you completed in three sets and assign yourself points based on chart below. Use this worksheet to tally your points.

<table>
<thead>
<tr>
<th>PULL</th>
<th>PUSH</th>
<th>SIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>SET 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SET 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SET 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL REPS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL POINTS</td>
<td>TOTAL X 3</td>
<td>TOTAL X 2</td>
</tr>
</tbody>
</table>

PERFECT PYRAMID

TIME: 2 - 60 MINUTES

Maxing out on pullups, pushups and situps is the key to peaking from a solid fitness foundation. The Perfect Pyramid will take every part of your body to the limit. Bragging rights are guaranteed.

INSTRUCTIONS:
• You will be completing each set at your own pace, using the pyramid as a guide.
• For every 1 pullup, you should do 2 pushups and 3 situps (1 pullup, 2 x pushups, 3 x situps).
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PULL / PUSH / SIT MOVEMENT GRAPH

LEVEL 10
10 pullups  20 pushups  30 situps

LEVEL 9
9 pullups  18 pushups  27 situps

LEVEL 8
8 pullups  16 pushups  24 situps

LEVEL 7
7 pullups  14 pushups  21 situps

LEVEL 6
6 pullups  12 pushups  18 situps

LEVEL 5
5 pullups  10 pushups  15 situps

LEVEL 4
4 pullups  8 pushups  12 situps

LEVEL 3
3 pullups  6 pushups  9 situps

LEVEL 2
2 pullups  4 pushups  6 situps

LEVEL 1
1 pullup  2 pushups  3 situps

EXAMPLE – A LEVEL 6 WORKOUT

You reach 6 pullups (LEVEL 6) and can’t do more, then go back down the pyramid at 6, then 5, 4, 3, 2, and 1. Use the graph to the right to determine the number of pull, push and sit movements for each level. Don’t despair if you only make it halfway up the pyramid – you are in rarefied territory just by trying this workout.
### Perfect.FITNESS Nutrition Guidelines

**WARNING:** Consult your physician before following these or any other nutritional guidelines, and/or before quitting or changing any prescribed dietary program that you may currently be following. Individuals with known or suspected food allergies, special dietary needs or underlying medical conditions that may be triggered or exacerbated by diet should not follow these or any other guidelines without first consulting a physician.

Crash dieting doesn’t work in the long term. It causes pain and suffering on your body and could actually slow down your metabolism, creating a vicious cycle of frustration. Instead, make small, incremental changes to how you eat. Work on changing your habits. Here are some tips to keep you on track.

1. **Drink a 12-oz glass of water** before you eat. It will help keep you hydrated and reduce the amount of food you need to feel satisfied.
2. **Eat small meals but more often** – every two-and-a-half to three hours to avoid getting hungry.
3. **Eat a light meal at night** and at least three hours before you go to bed.
4. **Snacks are important.** Your metabolism needs to be stimulated every couple of hours, otherwise your body slows down and conserves energy (storing energy as fat).
5. **Practice portion control** by trying to eat only 80% of the food you would normally consume.
6. **Overcome your trouble times,** those parts of the day that are most challenging for you to control your eating. Prepare sensible snacks in advance to conquer your cravings.
7. **Track what you eat in a daily log.** Think carefully about what you eat so you understand and moderate your intake.
8. **Clean your kitchen of foods that are not on the Perfect.FITNESS Grocery List.**

Use the list below as a guideline of the types of foods to keep stocked in your kitchen.

#### Lean protein
- fish (salmon, tuna, tilapia, sole)
- chicken (skin removed)
- ground lean beef
- turkey
tofu
eggs
beans (garbanzo, black, cannellini)
hummus
veggie burgers

#### Dairy
- cottage cheese (non-fat)
- yogurt [low or non-fat]
- cheese [low fat]
- milk (1% or skim)
- ice cream (low fat)

#### Vegetables
- fresh is best!
- baby carrots
grape tomatoes
celery sticks,
lettuce,
onions
peppers,
broccoli,
cauliflower,
potatoes

#### Fruit
- fresh is best!
- berries, citrus fruit,
bananas (small)
- apples, grapes,
mangoes
fruit sorbets

#### Breads, Cereals and Grains
- whole-grain cereals
- bread (whole wheat/fiber rich)
whole grain foods such as:
- whole-wheat pasta
couscous
brown rice
quinoa
bulgar
whole wheat waffles

#### For your pantry
- mayonnaise (fat-free or light)
oils (olive or canola)
herbs & spices
popcorn (low-fat microwave or air-popped)
nuts & dried fruit (small quantities)
cooking spray
broth (low fat)
sugar substitute
peanut butter (low sodium)
pasta sauce
flavored vinegars
ketchup
mustard
salsa