

Perfect.®

AB CRUNCH™

TARGETED CORE WORKOUT

Target your core instantly with the Perfect Ab Crunch™. Mesh canopy provides total support of your head, neck and shoulders during crunches. Flip over to perform pushups or dips. Perfect for all fitness levels.

INNOVATIVE DESIGN

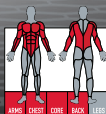
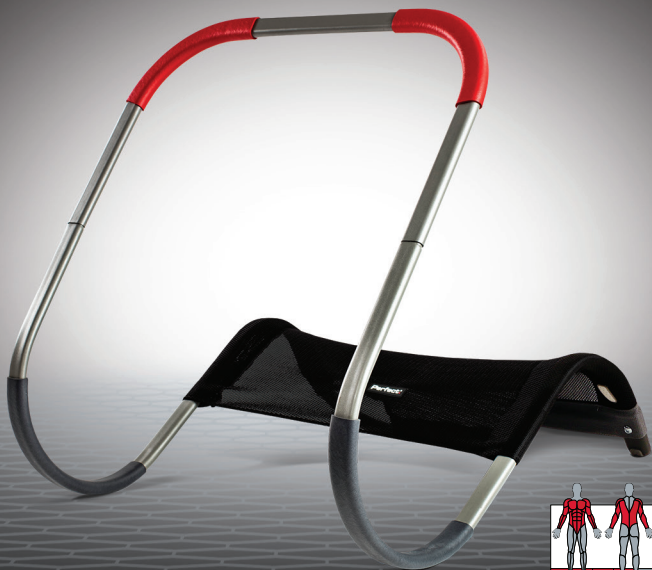
Breathable mesh provides total support

MULTIPLE EXERCISES

Perform crunches, pushups or dips

HEAVY-DUTY CONSTRUCTION

300 lb. weight limit



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BEGINNER

Feet Flat

**▶ SET UP**

Lie on back, hips and knees bent to 45 degrees, feet flat on the ground. Position head and shoulders comfortably on the mesh.

▶ MOVEMENT

Brace core and lightly press heels into the ground as the body curls up so that the elbows move toward knees. Lower back to starting position. Aim for 5-7 reps at a time.

NOTE: If strain is felt in the neck or shoulders then concentrate on relaxing the upper body.

INTERMEDIATE

Feet Up

**▶ SET UP**

Lie on back, feet off the ground, hips and knees bent to 90 degrees. Position head and shoulders comfortably on the mesh.

▶ MOVEMENT

Brace core as the body curls up so that the elbows move toward knees. Lower back to starting position and place feet back on the ground. Aim for 5-7 reps at a time.

NOTE: If strain is felt in the neck or shoulders then concentrate on relaxing the upper body.

EXPERT

Extended Total Body Crunch

**▶ SET UP**

Lie on back, feet off the ground, legs fully extended. Position head and shoulders comfortably on the mesh.

▶ MOVEMENT

Brace core as the body curls up and bring knees towards chest so that the elbows move towards knees. Return to start position with legs extended out. Aim for 5-7 reps at a time.

NOTE: If strain is felt in the neck or shoulders then concentrate on relaxing the upper body.
If strain is felt in the low back then revert back to intermediate.