

## SCULPT YOUR ABS, ARMS AND CHEST

### INNOVATIVE DESIGN

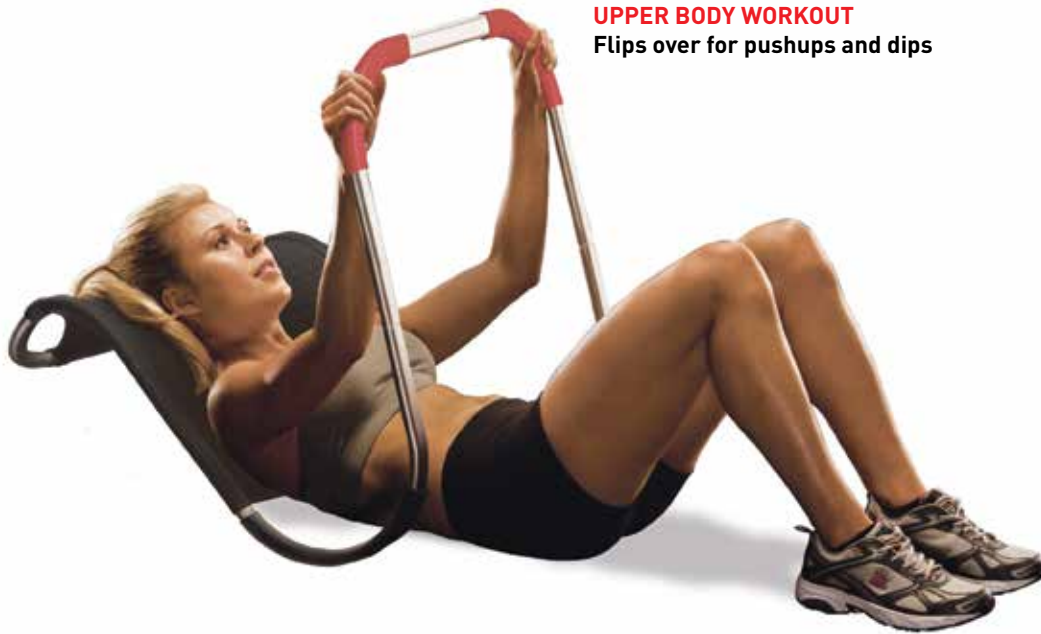
Breathable mesh provides support of head, neck and upper body

### TARGETS YOUR CORE

Perform crunches effectively and comfortably

### UPPER BODY WORKOUT

Flips over for pushups and dips



## GETTING STARTED

Use the **Perfect Crunch** to combine crunches, push ups, and dips into one efficient workout that targets your abs, arms, and chest. The breathable mesh supports your head, neck, and upper body—allowing you to perform crunches effectively and comfortably. Flip the **Perfect Crunch** over and utilize this unique platform to perform dips and push ups, too. The **Perfect Crunch** is an innovative 3-in-1 device that will help you get results fast! Follow the **Perfect Crunch** exercises on the next page to create a stand-alone workout routine or incorporate the exercises into your current program.

## Important Safety Information

### ⚠️ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS WORKOUT AND USER GUIDE MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.



1) **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 Customer Service Department with any questions.

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. **Before beginning your first workout, become familiar with the Perfect Crunch and review all exercise guidelines prior to using the equipment.**

3) **DO NOT** use if you are over 300 lbs/ 136 kg

4) **USE on a non-skid surface ONLY. DO NOT use on surfaces such as tile, linoleum or on surfaces that are wet such as a pool deck. DO NOT sit on product.**

5) **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.**

6) **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.

7) **WEAR appropriate clothing when exercising.** 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 athletic shoes.

## PUSH UP-CRUNCH-DIP WORKOUT

### PROPER FORM

Not surprisingly, the **Perfect Crunch** was designed to help people perform the "crunch movement" with perfect form (hence, the name). The crunch is an exercise that is often performed incorrectly due to lack of strength or improper technique. The **Perfect Crunch** solves this problem. The mesh head support and rocker arms prevent people from grabbing the back of their head and yanking it toward their knees. This technique is incorrect and puts undue stress on the head and neck. Instead, the **Perfect Crunch** cradles the head and keeps it in proper alignment while the hands grasp the rocker arms. By keeping the head in the mesh support, and gently lifting the upper body toward the knees, you achieve the desired contraction of the upper abs without sacrificing form. While the movement associated with this crunch may feel subtle, the focused concentration is highly effective and safe. Be sure to exhale on the way up and inhale on the way down. Do not hold your breath while performing this movement.

### CRUNCH

#### SETUP

- Position head comfortably on the mesh apron
- Reach up and grasp top portion of tubing

#### MOVEMENT

- Curl up so that elbows move toward knees
- Press lower back into the floor during the movement
- Maintain head in the same position throughout movement (do not bury chin into chest)
- Slowly lower upper body back to start position
- Repeat for suggested repetitions

#### TIP

Maintain even breathing throughout movement.  
Do not hold breath.



### PUSH UP

#### SETUP

- Grasp cushioned portion of handles and assume push up position

#### MOVEMENT

- While keeping head, neck, and back aligned, lower chest toward hands
- Once chest reaches hands, push back up to starting position
- Repeat for suggested repetitions

#### TIP

Speed doesn't get you ripped. Focus on proper form and slow controlled muscle contractions.



### DIP

#### SETUP

- Grasp cushioned part of handles and extend feet out to front (balance on heels)

#### MOVEMENT

- Slowly lower upper body down until elbows make a 90-degree angle
- Press body up to return to starting position

#### TIP

Beginners perform this exercise while in a squat position



## PUSH UP-CRUNCH-DIP 21-DAY WORKOUT

### 21-DAY WORKOUT

The below calendar shows an example of a progressive workout routine that will help you make significant progress in strength and fitness over a 21-day period. The daily workout is comprised of three exercises: push up, dip, and crunch. In order to provide adequate recovery time, we recommend taking a day off in between each session. Over time, the number of sets and repetitions will increase as you get stronger. If the suggested sets and repetitions progress too quickly for your fitness level, make sure you adjust the plan to maintain a level that you are more comfortable with. If the suggested program is below your current fitness level, bump yourself to the later workouts in order to challenge your muscles. Beginners can spend 1-2 minutes recovering in between sets. Advanced users may want to reduce recovery time to 20-30 seconds. Always use common sense when exercising.

|        | DAY 1                                                                                          | DAY 2                                                                                           | DAY 3                                                                                           | DAY 4                                                                                            | DAY 5                                                                                           | DAY 6                                                                                           | DAY 7                                                                                           |
|--------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| WEEK 1 | PUSH UP<br>1 set of 8 reps<br><br>CRUNCH<br>1 set of 10 reps<br><br>DIP<br>1 set of 10 reps    | OFF                                                                                             | PUSH UP<br>1 set of 10 reps<br><br>CRUNCH<br>1 set of 12 reps<br><br>DIP<br>1 set of 12 reps    | OFF                                                                                              | PUSH UP<br>1 set of 12 reps<br><br>CRUNCH<br>1 set of 14 reps<br><br>DIP<br>1 set of 14 reps    | OFF                                                                                             | PUSH UP<br>2 sets of 6 reps<br><br>CRUNCH<br>2 sets of 8 reps<br><br>DIP<br>2 sets of 8 reps    |
| WEEK 2 | OFF                                                                                            | PUSH UP<br>2 sets of 10 reps<br><br>CRUNCH<br>2 sets of 14 reps<br><br>DIP<br>2 sets of 14 reps | OFF                                                                                             | PUSH UP<br>2 sets of 12 reps<br><br>CRUNCH<br>2 sets of 14 reps<br><br>DIPS<br>2 sets of 14 reps | OFF                                                                                             | PUSH UP<br>2 sets of 14 reps<br><br>CRUNCH<br>2 sets of 16 reps<br><br>DIP<br>2 sets of 16 reps | OFF                                                                                             |
| WEEK 3 | PUSH UP<br>3 sets of 8 reps<br><br>CRUNCH<br>3 sets of 10 reps<br><br>DIP<br>3 sets of 10 reps | OFF                                                                                             | PUSH UP<br>3 sets of 10 reps<br><br>CRUNCH<br>3 sets of 12 reps<br><br>DIP<br>3 sets of 12 reps | OFF                                                                                              | PUSH UP<br>3 sets of 12 reps<br><br>CRUNCH<br>3 sets of 14 reps<br><br>DIP<br>3 sets of 14 reps | OFF                                                                                             | PUSH UP<br>4 sets of 10 reps<br><br>CRUNCH<br>4 sets of 12 reps<br><br>DIP<br>4 sets of 12 reps |