

Perfect®

RESISTANCE BANDS

TOTAL BODY WORKOUT ANYWHERE

The Perfect® Bands are a versatile addition to any exercise program. Convenient and lightweight, and simple to use for building strength

ADJUSTABLE RESISTANCE

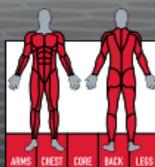
Combine multiple bands for different resistance levels

ATTACH ANYWHERE

Cloth loops attach the bands to the any Multi-Gym® system, universal handles, or door frame

PORTABLE

Compact and easy to pack



Find more free workouts online at PerfectOnline.com

BEGINNER

Glute Kick Back



▶ SET UP

Using light resistance band, get on hands and knees. Hold one handle in each hand and loop the band under foot of the working leg. .

▶ MOVEMENT

Brace core and extend leg back straight. Pause for 3 seconds then return to start position. Aim for 5-6 reps.

INTERMEDIATE

Lunges



▶ SET UP

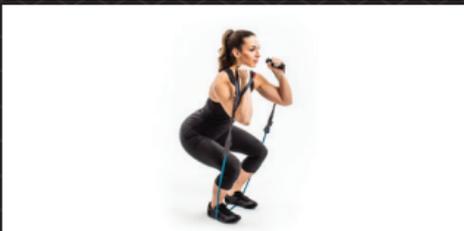
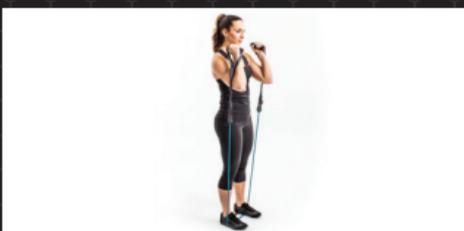
Using medium resistance band. Stand with feet shoulder width apart. Loop band under front foot and bring bands to shoulder height.

▶ MOVEMENT

Brace core and shift upper body forward while descending into a lunge position. Then return to the starting position. Aim for 5-6 reps.

EXPERT

Squats



▶ SET UP

Using heavy resistance band. Stand with feet slightly wider than hip width. Loop band/s under both feet and bring handles to shoulder level.

▶ MOVEMENT

Brace core and lower into a squat position. Lower until the crease of the hip is below the top of the knee then return to the starting position. Aim for 5-6 reps.