

Perfect® WEIGHT VEST 20/40 lb

COUNTLESS MOVEMENTS
FOR A TOTAL-BODY WORKOUT

SLIM FIT MAXIMIZES MOBILITY during
push, pull and explosive movement
training (plyometrics)

NEOPRENE DOUBLE BELLY BAND closure
provides adjustable secure fit

BIB STYLE DESIGN enables full
range of arm movement



⚠ WARNING

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

Refer to your User Guide for additional safety instructions.

Before EACH use, visually inspect equipment for worn or damaged parts. Do Not use this equipment if it has been damaged.

Consult your physician before starting this or any other exercise program, particularly if you are over 35, pregnant, have existing health, joint or muscle issues or are on medication. Fitness training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Before beginning your first workout, become familiar with the Perfect Weight Vest and review all exercise guidelines prior to using the equipment.

Use caution if engaged in movements like jumping, sprinting or other explosive plyometric movements. These exercises add additional

stress to your body. Perform these exercises with extreme care and start with a very light weight to allow your body to become conditioned to this added stress. If you experience any pain or discomfort while performing these exercises stop immediately and return to the conventional non-impact exercises. If pain or discomfort persists please contact your physician.

Do not add weights that are not recommended by the manufacturer.

Not recommended for children under the age of 14. Adult supervision required if under the age of 18.

Use caution if using the product outdoors. Pay close attention to traffic conditions and your surroundings at all times regardless of time of day and especially in low light. Do not wear headphones or use a cell phone that might cause you to be inattentive to your surroundings.

GETTING STARTED

Your Perfect Weight Vest was designed so you can vary your workout by removing or adding weights. We suggest starting out with less weight and then building your way up to the maximum allowable weight (depending on the vest you purchased). Always keep the weight distribution even for your left and right side and front to back.

To add or remove weights, locate the pockets inside the Weight Vest, remove weights by grabbing the weight from the top and gently pulling through the hole.

Once you have selected your weights, put weighted vest on by placing your head through the hole (reflector logo should be in the back).

Wrap the straps around your body so the vest is snug against your body and fasten the Velcro®. The Velcro® strap with the reflective logo should be on the outside so it can be easily seen when you are wearing the Weight Vest.

DO NOT fasten too tight, as this could restrict your breathing or movement.

2-Channel
Weights



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TRUNK TWIST

(CORE)

SET UP

Stand with feet shoulder width apart, extend arms out until they are parallel to the floor and tighten abs/core by pulling belly-button toward spine.

MOVEMENT

Slowly turn to right and maintain tight core. Head and shoulders should move together and keep body weight evenly

distributed on both feet. Alternate sides.

TIP

This is an active stretch and core strengthening exercise – the last set of repetitions should have the greatest degree of movement – start off slowly to allow your body to adapt to the movement.



REVERSE SITUP

(CORE)

SET UP

Slowly lower yourself to ground, sit on floor with knees comfortably bent so feet remain on floor.

MOVEMENT

Slowly lower yourself back toward floor. Use abdominals (abs) to control descent – stop well short of touching floor and use abs to pull back to starting position.

TIP

Breathing and posture are important to performing this exercise – inhale on the way down, exhale on the way up. Movement should be slow and controlled. Take it slow as you explore how far you can lower yourself and still stay in control.



MODIFIED PLANK

(CORE)

SET UP

Slowly lower yourself to floor and position elbows directly beneath shoulders. Elbow forms a 90 degree angle and hands/forearms are parallel. Feet should be shoulder width apart with toes and knees touching floor.

MOVEMENT

Slowly raise lower back and hips off floor. Imagine a plank of wood on your back that

evenly touches your body from head to heel. Tighten abs/core by pulling belly-button toward spine.

TIP

This can be an intense core strengthening exercise. Take it slow as your body learns to activate core muscles needed to perform this exercise.



REGULAR PUSHUP

(UPPER BODY)

SET UP

Slowly lower yourself to floor and place hands one hand width wider than shoulders. Feet should be shoulder width apart with toes and knees touching floor.

MOVEMENT

Slowly raise knees off floor into the starting push up position. Lower body down, flexing at elbows (approximately 45 degrees to each side) until arms are parallel

to ground. Push back up to start position.

TIP

Be safe and start from your knees as your shoulders/arms/chest and back adapt to the increased load of the weight vest. It's about the quality of the movement NOT the quantity.



WIDE PUSHUP

(UPPER BODY)

SET UP

Slowly lower yourself to floor and place hands two hand widths wider than shoulders. Feet should be shoulder width apart with toes and knees touching the floor.

MOVEMENT

Slowly raise knees off floor into the starting push up position. Lower body down, flexing at elbows (approximately 45 degrees to each side) until arms are parallel

to ground. Push back up to start position.

TIP

Be safe and start from your knees as your shoulders/arms/chest and back adapt to the increased load of the weight vest. It's about the quality of the movement NOT the quantity.



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 www.PerfectOnline.com to learn more.

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REGULAR SQUAT

(LOWER BODY)

SET UP

Stand with feet shoulder width apart and tighten abs/core by pulling belly-button in toward spine.

MOVEMENT

Slowly bend at knees and keep them directly over toes, slightly bend at waist and look straight ahead. Start with a shallow bend, and as you progress to

more advanced movements, increase depth of squat. In advanced movement thighs should be parallel to the floor. Knees should not exceed past toes.

TIP

Feet and knee alignment are CRITICAL to this exercise – knees should “split” your second and third toes.



WIDE SQUAT

(LOWER BODY)

SET UP

Stand with feet slightly wider than shoulder width apart, left foot faces ten o'clock position while right foot faces two o'clock position. Tighten abs/core by pulling belly-button in toward spine.

MOVEMENT

Slowly bend at knees and keep them directly over toes, bend at the waist and

look straight ahead. Start the movement and apply pressure to heels and feel back leg and buttocks muscles activate. Knees should not exceed past toes.

TIP

Feet and knee alignment are CRITICAL to this exercise – knees should “split” your second and third toes.



FORWARD LUNGE

(LOWER BODY)

SET UP

Stand with both feet comfortably at hip width and tighten abs/core by pulling belly-button in toward spine. Keep looking straight ahead.

MOVEMENT

Slowly pick up one foot and move it approximately one stride in front of you. Use front leg to absorb body weight and keep

front knee and foot in alignment. Slowly lower front leg and use back leg to stabilize. Knee of front leg should not exceed past toes. Alternate legs.

TIP

When starting out – **DO NOT PLACE THE BACK KNEE ON THE GROUND – TAKE IT SLOW** with shallow compressions.



STEP UPS

(LOWER BODY)

SET UP

Stand with your feet shoulder width apart, place hands comfortably at sides and tighten abs/core by pulling belly-button in toward spine.

MOVEMENT

Step up on platform with one foot. Focus on using front leg to PULL body up rather than

rear leg pushing body up. Alternate legs.

TIP

Feet and knee alignment are CRITICAL to this exercise – knees should “split” your second and third toes. Start step ups on small step – 6 inches or less.



PLYOMETRIC BOX JUMPS

(PLYOMETRIC)

SET UP

Stand with feet shoulder width apart and tighten abs/core by pulling belly-button in toward spine.

MOVEMENT

Bend knees and hips, shift weight to the balls of feet and swing hands down past hips to generate the power needed to jump onto the platform. Focus on land-

ing onto balls of feet and allow knees and heels to absorb impact.

TIP

Feet and knee alignment are CRITICAL to this exercise – knees should “split” your second and third toes. Start box jumps on small heights first – 6 inches or less to learn the movement.



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QUICK-START CIRCUIT

Circuits are intense and for good reason. They make your heart rate go higher faster to support all the different muscles that are in use. This helps to burn more calories during and after the workout. Plus it helps get results faster because the intensity is higher.

To start, determine the number of repetitions you want to target for each movement. Use the chart below as a guideline. Perform each exercise as recommend in the progression (follow the arrows). After each exercise rest for 30 to 60 seconds. For example, if you are at an intermediate level and you want to start with Circuit A you would perform 10 Trunk Twists, rest 30 to 60 seconds, and then perform 10 Regular Pushups, rest 30 to 60 seconds, and then continue to follow the arrows until you have completed all 6 moves. This completes 1 Quickstart Circuit. You can repeat this circuit 1 to 3 times depending on your fitness level. Perform circuit 2-3 times per week with 24 hours of rest between workouts.

REPETITION GOALS

Beginner: 4-8

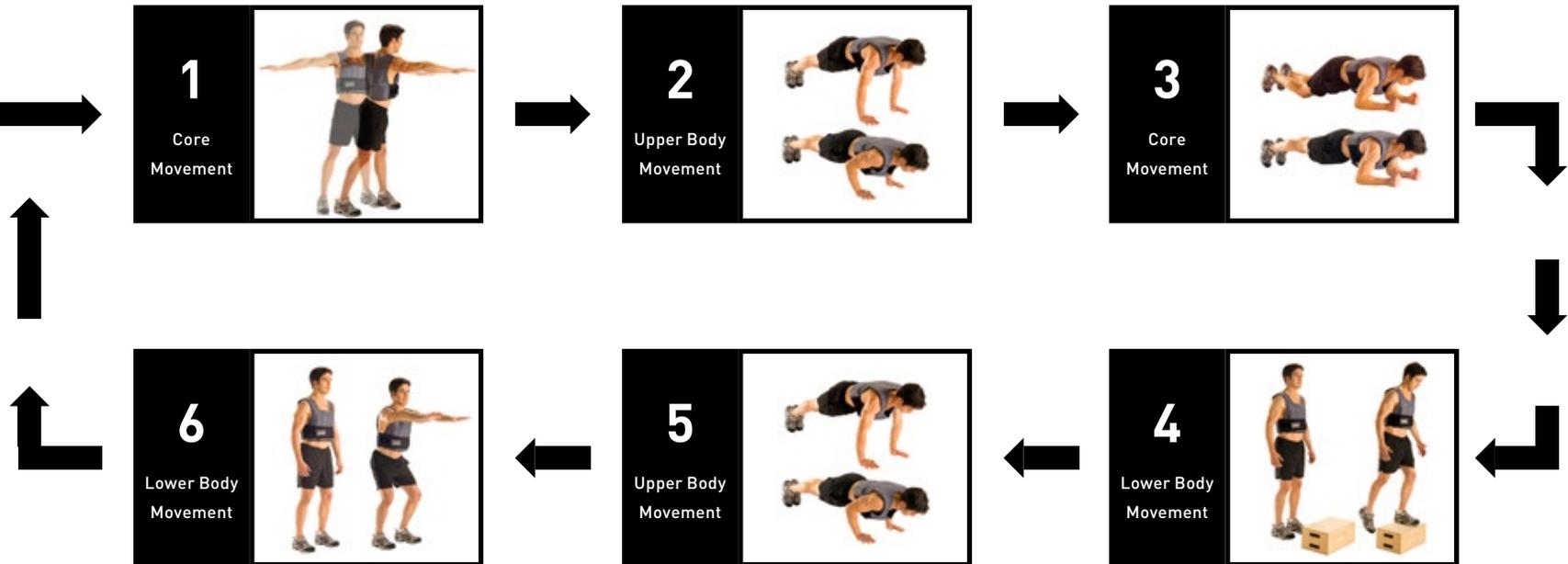
Intermediate: 8-12

Advanced: 12-18

Start Here

Rest 1 minute
after each move

Repeat Circuit
1-3 times



CIRCUIT A SHOWN. Alternate with Circuit B. Perform circuit 2-3 times per week with 24 hours of rest between workouts.

TOTAL-BODY CIRCUIT WORKOUTS

CIRCUIT A

- 1 **Trunk Twist** (CORE)
- 2 **Regular Pushup** (UPPER BODY)
- 3 **Modified Plank** (CORE)
- 4 **Step Ups** (LOWER BODY)
- 5 **Regular Pushup** (UPPER BODY)
- 6 **Regular Squat** (LOWER BODY)

CIRCUIT B

- 1 **Modified Plank** (CORE)
- 2 **Wide Pushup** (UPPER BODY)
- 3 **Forward Lunge** (LOWER BODY)
- 4 **Trunk Twist** (CORE)
- 5 **Box Jumps** (PLYOMETRIC)
- 6 **Reverse Situp** (CORE)