

User Guide

Getting in shape takes the right attitude and perseverance. Everything else falls into place if you start with these goals. The right equipment makes the task that much easier, so congratulations on your purchase of the Perfect Pushup® Elite. The Perfect Pushup® Elite is one of the cornerstones of an effective, time-efficient exercise regimen. No matter your fitness level, you can progress at a rate that's right for you using Perfect Fitness products.

Important Safety Information

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 or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. **The Perfect Pushup® Elite is designed to freely rotate 360°.** **Before beginning your first workout, become familiar with this rotation by performing the Knee Modification of the Regular Position.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with preexisting health problems or wrist, elbow, shoulder or other joint and muscle impairments. **If you are taking medication that may affect your heart rate, a physician's advice is absolutely essential before use of this equipment.**

3) **Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.

4) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the easier modifications of the exercises and become familiar with all of the exercises before moving on to more advanced modifications.

6) **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.

7) **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.

8) **Wear appropriate clothing when exercising.** Workout 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 aerobic shoes.

9) **THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:**

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment.

10) **Breathe naturally,** never holding your breath during an exercise. Avoid over-training. You should be able to carry on a conversation while exercising.

5) **Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish “good” pain, like fatigue, from “bad” pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.

11) **Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.

12) **ONLY one person at a time should use this equipment.**

13) **DO NOT store in direct sunlight or near direct heat sources.**

14) **DO NOT put hands, feet or any foreign objects on or near this equipment when in use by others.** Use caution to not pinch fingers or hands in moving parts when setting up or using the equipment.

Specifications & Parts

Length: 8” **Width:** 8” **Height:** 4-1/2”

Product Weight: 2 lbs.

Maximum User Weight Not to Exceed: 400 lbs/181 kg



Warning

Before each use, visually inspect the device. Never use the device if it is not working properly.

Workouts

Go to www.PerfectOnline.com/workouts to download your free workout chart. Follow the workout listed on the chart for each day of the week. Perform each movement for the indicated number of sets, taking a 30-60 second rest in between each set, before continuing on to the next exercise.

Care & Storage

Your Perfect Pushup® Elite has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

Wipe sweat, dust or other residue off the handle, stationary base and rotation base with a soft, clean cloth after each use.