

Perfect® MULTI-GYM **SPORT**

User Guide



Perfect®

Perfect® is a division of Implus LLC

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Implus LLC

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IMPORTANT:

This User Guide is the authoritative source of information about your Perfect® Multi-Gym® Sport. **PLEASE READ** it carefully and follow all the instructions.

Comments or Questions?

If you have any comments or questions about your **Perfect®** product, instructions or warnings, please email, call or write to our Customer Service Specialists. Our goal is your complete satisfaction.

Perfect®, Customer Service Department 2001 T.W. Alexander Drive,
Box 13925, Durham, North Carolina 27709-3925

Call Toll Free: 1 877 974 7733, Monday through Friday, 8:00 a.m. to 5:00 p.m., EST

Email: help@4implus.com

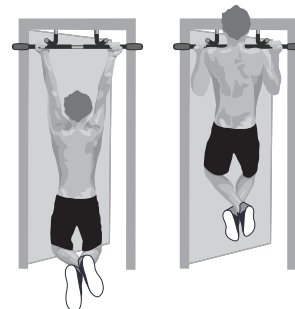
www.PerfectOnline.com

CHIN UP

Regular

UPPER BODY

Beg 6 Int 8 Adv 12



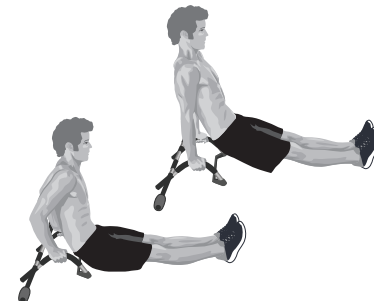
- Grasp bar just outside hammer handles (palms facing you)
 - Pull body up until chin clears bar
 - Lower body down to start position (full extension)
- TIP:** Wrap thumbs around bar for best results

DIPS

Wide

UPPER BODY

Beg 6 Int 8 Adv 12



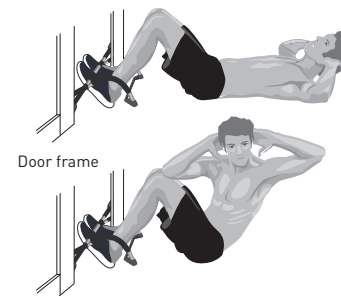
- Grasp padded sections of Multi-Gym Sport (palms face each other)
- Extend feet out to front and balance on heels
- Lower body down toward floor
- Return to start position

SIT UP

Regular

MIDDLE BODY

Beg 4 Int 8 Adv 12



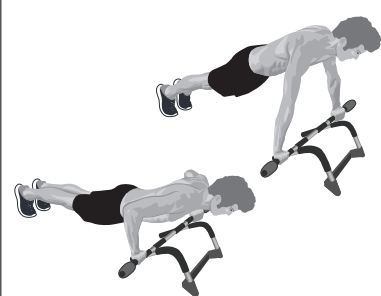
- Lie on back with knees bent and hands loosely cupping ears
- Secure feet under pull up section of bar
- Curl body up until right elbow touches left knee
- Slowly return to start position
- Alternate knee-to-elbow touches with each rep

PUSH UP

Wide

UPPER BODY

Beg 8 Int 12 Adv 20



- Grasp padded section of pull up bar outside hammer handles
 - Keeping body straight, lower chest toward floor
 - Return to start position
- TIP:** Perform exercise on knees if fatigued

For more exercises, go to www.PerfectOnline.com

Perfect® FitDeck® Workouts

Go to www.PerfectOnline.com to download more FitDeck exercises.

Perfect FitDeck Workouts are designed so that you can mix up your workouts with other Perfect® equipment and FitDeck workouts. Mixing up these exercises will deliver a full-body workout resulting in increased upper body strength, flexibility and aerobic endurance.

Use your imagination when putting together your workouts. Always warm up, cool down, and stretch as recommended on the previous pages. Proper rest, varying your routine, and changing intensity levels are the keys to not overtraining.

Focus on Pull Up Mechanics

Pull Ups are not easy. Unlike Push Ups—where you can go down to your knees to squeeze out an extra few repetitions—there’s nowhere to hide on the Perfect Multi-Gym Sport bar.

If you cannot yet perform a regular Pull Up from the fully extended start position—consider beginning with a “negative” Pull Up: Hold the hammer handles and spring off your toes until your chin clears the bar. Slowly descend to the fully extended position over a five-second count. Stand back up and repeat.

PULL UP

Hammer

Beg

Int

Adv

6

10

12

UPPER BODY

- Grasp hammer handles (palms facing each other)
- Pull body up until chin clears bar
- Lower body down to start position (full extension)

TIP: Wrap thumbs around bar for best results

PULL UP

Spiderman

Beg

Int

Adv

6

8

10

UPPER BODY

- Grasp bar with regular grip (palms away)
- Pull body up and touch right knee to rt elbow
- Lower body down to start position (full extension)
- Alternate knee-to-elbow touches with each rep

Perfect® MULTI-GYM **SPORT**



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® Multi-Gym® Sport. The Perfect® Multi-Gym® Sport 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 products. Sticking with a program of regular exercise takes a team and I encourage you to join ours. Go to www.PerfectOnline.com to find out about new products, get workout tips and view videos.

Join us on Facebook at www.facebook.com/perfectfitness—it’s the place to ask questions, share your progress and test yourself against the best. Many of our top users have created their own exercise routines using our products. The team that works out together, stays together—find a teammate and go for it!

We want to hear how you’re doing, because your success is our success!

Alden Mills
Perfect Founder and former U.S. Navy SEAL

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Important Safety Information

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS OWNER'S MANUAL AND ON THE WORKOUT CHART MAY RESULT IN SERIOUS INJURY, DEATH OR PROPERTY DAMAGE.



1) **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® Multi-Gym® Sport and review all exercise guidelines prior to using the equipment. If you have any questions consult your physician.** 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 which may affect your heart rate, a physician's advice is absolutely essential before use of this equipment.**

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

3) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises.

4) **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.**

5) **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 to order replacement parts.

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.** Clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slipsoles, 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.

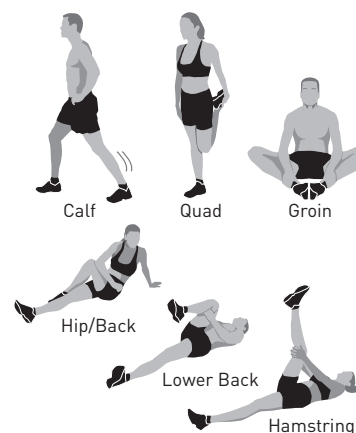
How to Use the Perfect® FitDeck® Workout

Ability levels with suggested repetitions

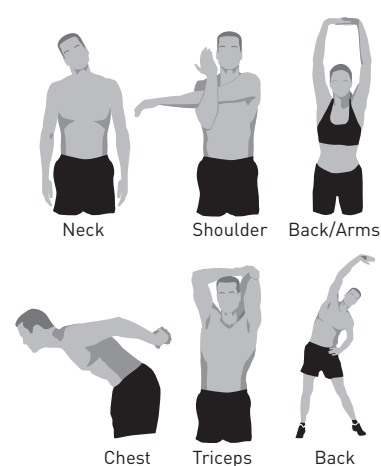
Exercise name	PULL UP Hammer
Body segment exercised	UPPER BODY
Exercise movements	
Exercise description	• Grasp hammer handles (palms facing each other) • Pull body up until chin clears bar • Lower body down to start position (full extension) TIP: Wrap thumbs around bar for best results

Stretching Before You Exercise

STRETCHING: LOWER BODY



STRETCHING: UPPER BODY



For more exercises, go to www.PerfectOnline.com

Perfect® FitDeck® Workout

Before You Exercise

1) Before you begin doing FitDeck

Workout Exercises consult with your physician. This is especially important if you are over age 35 and/or are new to exercise.

2) If while doing the FitDeck Workout

Exercises, you feel faint, lightheaded or dizzy, experience undue stress or feel pain, stop exercising immediately and consult with your physician.

3) Review the FitDeck Workout

Exercises and ensure that you can safely and properly perform the suggested exercises. If you are uncomfortable with any exercise for any reason, discontinue it until you feel confident that you can perform the exercise safely.

4) Always choose the proper intensity level that best suits your physical strength and ability level. Know your limits and train within them.

5) Use common sense when exercising.

Warm Up

- Warm up with 3-5 minutes of jumping jacks, running in place, brisk walking, jogging, or stair climbing
- Warm up to prepare muscles for activity

Cool Down

- Cool down with a sampling of basic stretches
- Cool down to help prevent muscle stiffness
- Cool down to reduce risk of injury

Stretch

- Stretch following warm up, and cool down activities
- Stretch to promote recovery after a workout
- Stretch with slow controlled movements
- Stretch in each position for 15-30 secs.

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

11) **Cool down after an exercise session** with 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching.

12) **IT is strongly suggested handicapped or disabled people have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.

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

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

15) **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.

16) **The Perfect® Multi-Gym® Sport is designed and constructed for PERSONAL OR HOUSEHOLD USE ONLY.** The **Perfect Multi-Gym® Sport** should NOT be used in commercial settings including, without limitation, health clubs and fitness centers. Further, use of the **Perfect Multi-Gym® Sport** in a commercial setting or resale by an unauthorized dealer voids the warranty. See Limited Warranty Card for details.

17) **When attaching the Perfect® Multi-Gym® Sport to a door frame, make sure the Safety Clip is securely attached to both the Molding and Multi-Gym® Sport. REMOVE the Multi-Gym® Sport from the door frame when not in use.**

18) **DO NOT install this product unless you are able to assemble and install it properly. After installing this product and before exercising, check to make sure it has been properly installed and can support your full weight by hanging on the bar with your feet just a few inches off the floor. This product is designed for installation on up-to-building-code, wood frame doorways, 29" to 35" (73.5 – 89 cm)**

wide. Do not use this product if you weigh more than 300 lbs/136 kg. If the product is moved to a different door, you must recheck the fit in the new doorway. Any other use or misuse may result in property damage and/or personal injury. If your anticipated installation location or use does not meet these criteria, you may return the product for up to 30 days from date of purchase.

19) **When performing pull ups, NEVER pull up with bar behind head**, as this places undue stress on shoulders and neck. Also, when performing pull ups, **avoid crossing feet during exercise**, as this places hips in an uneven position which impacts body alignment.

Equipment Warning Label

IMPORTANT: See below for placement of this warning label on your equipment.

⚠ WARNING

Failure to read and follow the safety instructions stated in the Owner's Manual and this Warning Label may result in **SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY.** Inspect the equipment before each use. Never use the equipment if it is damaged and/or not functioning properly. When attaching the Multi-Gym® Sport to a door frame, make sure the Safety Clip is securely attached to both the molding and Multi-Gym Sport. Remove the Multi-Gym Sport from the door frame when not in use. Do not use if you weigh over 300 lbs/136 kg. Replace this label if damaged, illegible or removed. Class HC. Go to our website: www.PerfectOnline.com or call Customer Service: 1 877 974 7733 for replacement label, user guide or questions.

Perfect® Multi-Gym® Sport Specifications (Approximate)

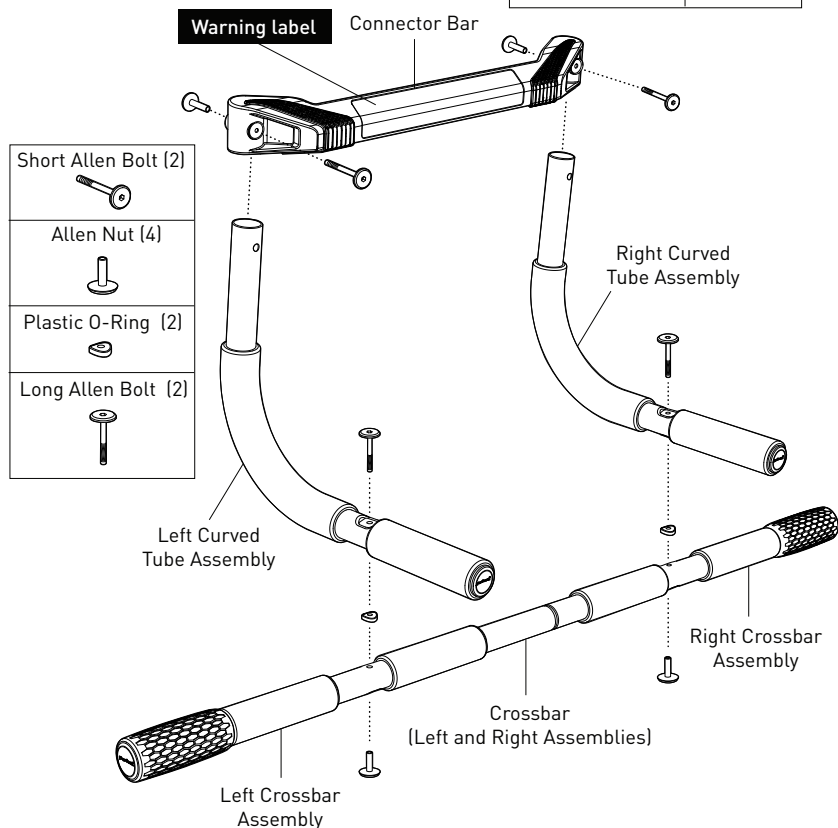
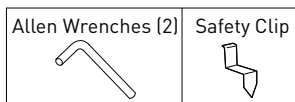
Length: 36"

Depth: 12"

Height: 11"

Product Weight: 4.9 lbs / 2.2 kg

Maximum User Weight: 300 lbs / 136 kg

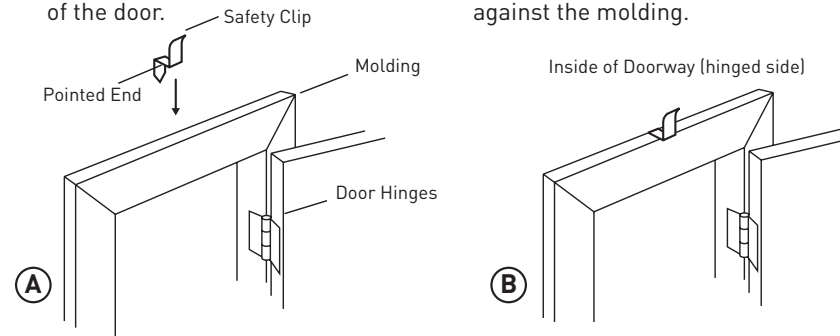


STEP 1: Installing the Safety Clip

Before you use the **Perfect® Multi-Gym® Sport** you must install the Safety Clip. Follow the instructions below to securely attach it to the door frame.

A) On the inside of the doorway, place the Safety Clip above the molding in the center at the top of the door.

B) Slide the pointed end between the wall and the molding. Push downward until Safety Clip is flush against the molding.



⚠ WARNING

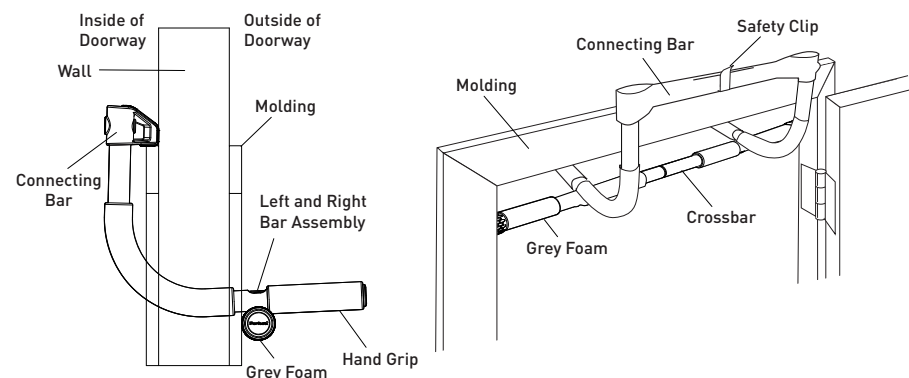
Remove the Perfect® Multi-Gym® Sport from the door frame when not in use. If the product is moved to a different door, you must recheck the fit in the new doorway if necessary. Failure to follow these instructions may result in serious injury or death.

STEP 2: Installation the Perfect® Multi-Gym® Sport in Your Doorway

After assembling the unit, try it in the door. The unit is correctly fitted in the doorway when it sits snugly at the top of the door frame and the Hand Grips are level with the floor. Before exercising, check to make sure it has been properly installed and can support your full weight by hanging on the bar with your feet just a few inches off the floor.

⚠ WARNING: Remove the Perfect® Multi-Gym® Sport from the door frame before making any Bolt adjustments. Failure to follow this instruction may result in serious injury or death.

From the outside of the doorway (the side that does not have the hinges), angle the Connecting Bar end through the doorway and over the molding on the opposite side (the inside of the doorway).



Installation of Your Perfect® Multi-Gym® Sport to Your Doorway

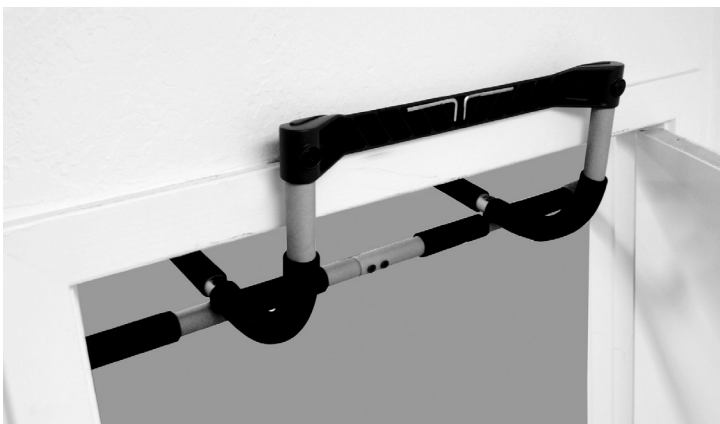
Before installing in the doorway you will be using, acquaint yourself with the photos and definitions below. Please remember, this product is designed for installation on up-to-building-code, wood-frame doorways, 29" to 35" (73.5 – 89 cm) wide and for use only by individuals weighing not more than 300 lbs/136 kg.

Outside of Doorway



Front side of Multi-Gym Sport in doorway

Inside of Doorway



Back side of Multi-Gym Sport in doorway

⚠ WARNING

When attaching the Perfect® Multi-Gym® Sport to a door frame, make sure the Safety Clip is securely attached to both the molding and Multi-Gym® Sport. Failure to follow this instruction may result in serious injury or death.

Assembly Instructions

READ and follow all instructions provided before assembling or installing this product. **Failure to properly assemble or install this product could result in damage to property and/or personal injury. Do not install this product unless you are able to assemble and install it properly. After installing this product, check to make sure it has been properly installed and can support your full weight before beginning exercise.** This product is designed for installation on up-to-building-code, wood-frame doorways, 29" to 35" (73.5 – 89 cm) wide and for use by individuals weighing no more than 300 lbs/136 kg. **ANY** other use or misuse may result in property damage and/or personal injury. If your anticipated installation location or use does not meet these criteria, you may return the product for up to 30 days from date of purchase.

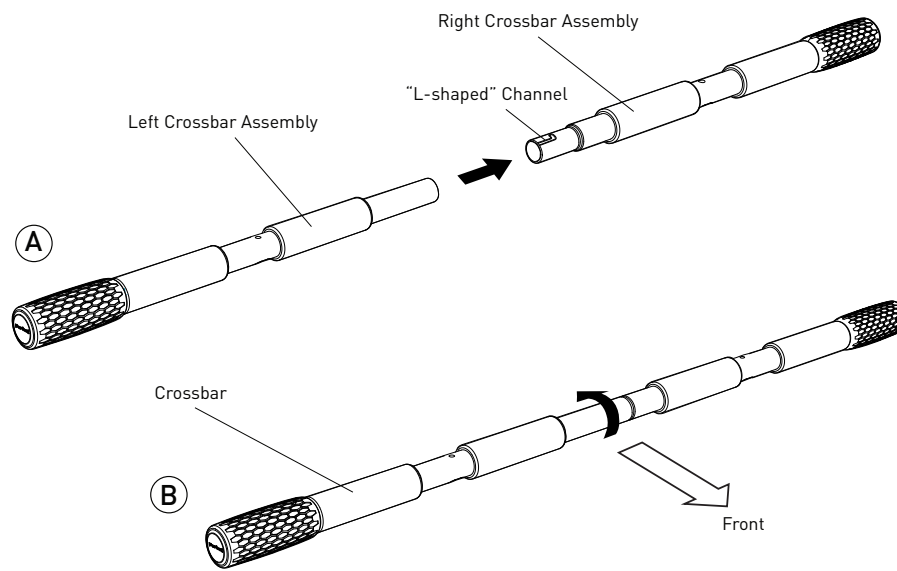
LAY OUT THE PARTS of your **Perfect® Multi-Gym® Sport** as shown on page 6 and familiarize yourself with the parts for easier assembly.

STEP 1

A) Attach the LEFT and RIGHT Crossbar Assemblies together by first sliding the LEFT Crossbar Assembly onto the RIGHT Crossbar Assembly

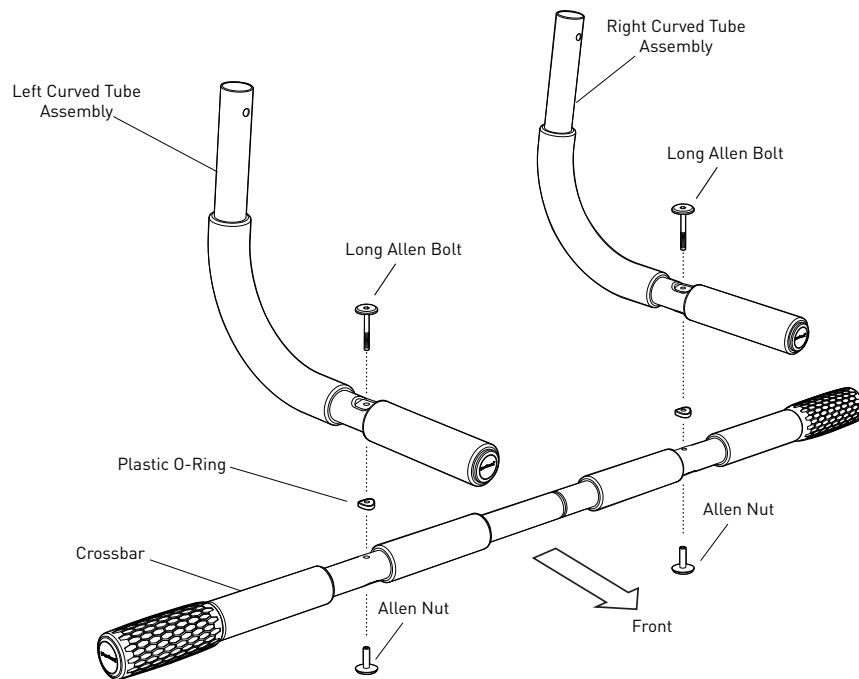
NOTE: the LEFT Bar Assembly is keyed to the RIGHT Crossbar Assembly with an "L-shaped" channel.

B) Hand-fasten the two bar assemblies together by turning the LEFT Bar Assembly **counter clock-wise**.



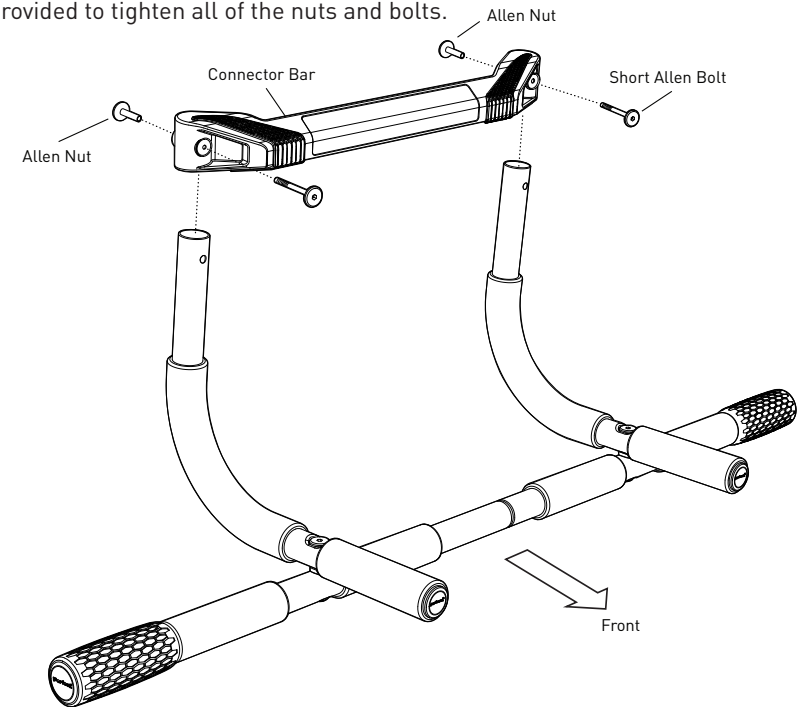
STEP 2

- A)** Locate the holes on the LEFT and RIGHT Curved Tube Assembly. Insert the LONG Allen Bolt into the hole of the LEFT and RIGHT Curved Tube Assemblies.
- B)** Place the Plastic O-Ring onto the end of the Allen Bolt prior to assembly with the Crossbar. Insert the end of the LONG Allen Bolt into the top hole of the Crossbar, and insert an Allen Nut into the bottom hole of the Crossbar. Start by hand-tightening the nut into the bolt.
- C)** Repeat step “B” for both of the Curved Tube Assemblies.
- NOTE:** Hand-tighten only, wait until fully assembled to tighten with the Allen Wrench.



STEP 3

- A)** Attach the Connector Bar to the LEFT and RIGHT Curved Tube Assemblies. Make sure to line up the holes of the connector bar with the holes on the Curved Tube Assemblies.
- B)** Insert the SHORT Allen Bolt through the hole in front of the Connector Bar, and in the hole in the Curved Tube Assembly. Insert an Allen Nut into the hole on the back of the Connector Bar and hand tighten.
- C)** Repeat step “B” for both sides of the Connector Bar and Curved Tube Assemblies.
- D)** Once all of the components are assembled, use the two Allen Wrenches provided to tighten all of the nuts and bolts.



⚠ WARNING

Before each use, visually inspect the device. Never use the device if it is not working properly, not installed properly, or if it shows signs of damage or deterioration.

Care and Storage

Your **Perfect® Multi-Gym® Sport** has been carefully designed to require minimum maintenance. To ensure this, we recommend you do the following:

Keep your Perfect® Multi-Gym® Sport clean.

Wipe sweat, dust or other residue off the device with a soft, clean cloth after each use.

Store your Perfect® Multi-Gym® Sport after use.

Store your device out of the reach of children and high-traffic areas.