

Perfect. MULTI-GYM™

PERFECT MULTI-GYM MOVEMENTS™ THE POWER OF PUSH-PULL-GIT

Perfect Multi-Gym Training™ is an innovative, patented, fitness training system. It's the only fitness equipment that combines the best of all fitness equipment into one machine. It's the only fitness equipment that can be used for all fitness goals. It's the only fitness equipment that can be used for all fitness goals. It's the only fitness equipment that can be used for all fitness goals.

Perfect Exercise Guidelines

- 10-15 reps per set, 3 sets per exercise
- 10-15 minutes between sets or exercises
- 10-15 minutes of rest for muscle group needed between each training session

Benefits

- Moves you up with low impact load - the perfect cardio workout for all fitness goals
- Moves you up with low impact load - the perfect cardio workout for all fitness goals
- Moves you up with low impact load - the perfect cardio workout for all fitness goals

For more information, visit www.perfectmulti-gym.com or call 1-800-888-8888

MULTI-GYM PULLUP MOVEMENTS MUSCLE GROUPS: BACK, BICEPS, SHOULDERS

Wide Pullup

START

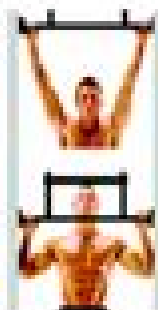
Standing upright with arms extended overhead and hands on the pullup bar.

MOVEMENT
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.

MODIFICATION
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.



Hammer Pull Up

START

Standing upright with arms extended overhead and hands on the pullup bar.

MOVEMENT
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.

MODIFICATION
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.



Chin Up

START

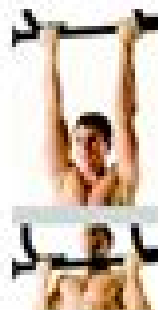
Standing upright with arms extended overhead and hands on the pullup bar.

MOVEMENT
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.

MODIFICATION
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.



Modification

Stand on a box or step to reduce the height of the pullup bar.

MOVEMENT
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.

MODIFICATION
• Pull down on the bar with your arms, pulling your body up towards the bar.

END
• Pull down on the bar with your arms, pulling your body up towards the bar.



MULTI-GYM PUSHUP MOVEMENTS MUSCLE GROUPS: CHEST, TRICEPS, SHOULDERS

Regular Pushup

START

Place hands directly under shoulders, with feet flat on the floor.

MOVEMENT
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.

MODIFICATION
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.



Wide Pushup

START

Place hands directly under shoulders, with feet flat on the floor.

MOVEMENT
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.

MODIFICATION
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.



Close Pushup

START

Place hands directly under shoulders, with feet flat on the floor.

MOVEMENT
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.

MODIFICATION
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.



Close Pushup Modification Dip

START

Place hands directly under shoulders, with feet flat on the floor.

MOVEMENT
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.

MODIFICATION
• Push down on the floor with your arms, pushing your body up.

END
• Push down on the floor with your arms, pushing your body up.



MULTI-GYM SITUP MOVEMENTS MUSCLE GROUPS: ABDOMINALS, HIP FLEXORS

Full Situp

START

Lie on your back with knees bent and feet flat on the floor.

MOVEMENT
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.

END
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.

MODIFICATION
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.

END
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.



Oblique Situp

START

Lie on your back with knees bent and feet flat on the floor.

MOVEMENT
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.

END
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.

MODIFICATION
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.

END
• Lift your head and shoulders off the floor, pulling your knees up towards your chest.



Straight Leg Situp

START

Lie on your back with legs straight and feet flat on the floor.

MOVEMENT
• Lift your head and shoulders off the floor, pulling your legs up towards your chest.

END
• Lift your head and shoulders off the floor, pulling your legs up towards your chest.

MODIFICATION
• Lift your head and shoulders off the floor, pulling your legs up towards your chest.

END
• Lift your head and shoulders off the floor, pulling your legs up towards your chest.



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Perfect:
FITNESS

Perfect Gym Multigym Workout Guide

Zhe Xu



Perfect Gym Multigym Workout Guide:

Perfect Gym Multigym Workout Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Perfect Gym Multigym Workout Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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