

Perfect. MULTI-GYM™

PERFECT MULTI-GYM MOVEMENTS

THE POWER OF PUSH-PULL-GIT

Perfect Multi-Gym™ is built on testing technology. Based on research from 2007, the top muscle movements were identified, and each movement was broken down into individual muscle groups. This research was used to design the Perfect Multi-Gym, which is built on the science of the human body.

Perfect Exercise Guidelines

- 10-15 reps per set, 3 sets per exercise
- Rest 1-2 minutes between sets, or as needed
- Use 10-15 lbs of weight for most group muscle training and training session

Notes

- Push-ups: push up with feet flat on floor - the ground under your feet is the ground, not the air
- Pull-ups: pull up with feet flat on floor - the ground under your feet is the ground, not the air
- Squats: squat down with feet flat on floor - the ground under your feet is the ground, not the air

For more information, visit perfectmulti-gym.com or call our toll-free number at 1-800-888-8888.

MULTI-GYM PULLUP MOVEMENTS

MUSCLE GROUPS: BACK, BICEPS, SHOULDERS

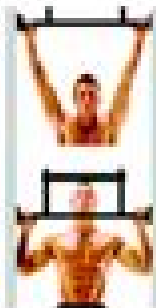
Wide Pullup

Starting height: pull up to the bar with arms straight out.

Benefits: A wide pullup works the back, biceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Pull up to the bar, then lower yourself back down. Repeat.



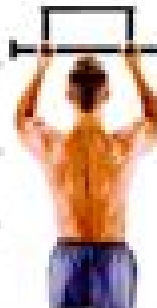
Hammer Pull Up

Starting height: pull up to the bar with arms straight out.

Benefits: A hammer pullup works the back, biceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Pull up to the bar, then lower yourself back down. Repeat.



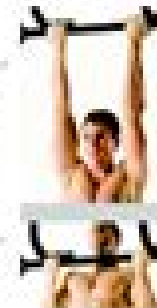
Chin Up

Starting height: pull up to the bar with arms straight out.

Benefits: A chin up works the back, biceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Pull up to the bar, then lower yourself back down. Repeat.



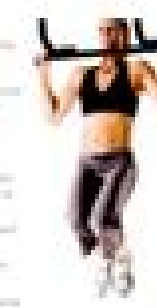
Modification

Start with a pullup modification.

Benefits: A pullup modification works the back, biceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Pull up to the bar, then lower yourself back down. Repeat.



MULTI-GYM PUSHUP MOVEMENTS

MUSCLE GROUPS: CHEST, TRICEPS, SHOULDERS

Regular Pushup

Starting height: push up to the bar with arms straight out.

Benefits: A regular pushup works the chest, triceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Push up to the bar, then lower yourself back down. Repeat.



Wide Pushup

Starting height: push up to the bar with arms straight out.

Benefits: A wide pushup works the chest, triceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Push up to the bar, then lower yourself back down. Repeat.



Close Pushup

Starting height: push up to the bar with arms straight out.

Benefits: A close pushup works the chest, triceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Push up to the bar, then lower yourself back down. Repeat.



Close Pushup Modification Dip

Starting height: push up to the bar with arms straight out.

Benefits: A close pushup modification dip works the chest, triceps, and shoulders.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Push up to the bar, then lower yourself back down. Repeat.



MULTI-GYM SITUP MOVEMENTS

MUSCLE GROUPS: ABDOMINALS, HIP FLEXORS

Full Situp

Starting height: sit up to the bar with arms straight out.

Benefits: A full situp works the abdominal muscles and hip flexors.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Sit up to the bar, then lower yourself back down. Repeat.



Oblique Situp

Starting height: sit up to the bar with arms straight out.

Benefits: An oblique situp works the abdominal muscles and hip flexors.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Sit up to the bar, then lower yourself back down. Repeat.



Straight Leg Situp

Starting height: sit up to the bar with arms straight out.

Benefits: A straight leg situp works the abdominal muscles and hip flexors.

How to do it: Stand under the bar, reach up and grab the bar with both hands.

Form: Sit up to the bar, then lower yourself back down. Repeat.



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Table of Contents Perfect Gym Multigym Workout Guide

1. Understanding the eBook Perfect Gym Multigym Workout Guide
 - The Rise of Digital Reading Perfect Gym Multigym Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Gym Multigym Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Perfect Gym Multigym Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Gym Multigym Workout Guide
 - Personalized Recommendations
 - Perfect Gym Multigym Workout Guide User Reviews and Ratings
 - Perfect Gym Multigym Workout Guide and Bestseller Lists

5. Accessing Perfect Gym Multigym Workout Guide Free and Paid eBooks
 - Perfect Gym Multigym Workout Guide Public Domain eBooks
 - Perfect Gym Multigym Workout Guide eBook Subscription Services
 - Perfect Gym Multigym Workout Guide Budget-Friendly Options
6. Navigating Perfect Gym Multigym Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Perfect Gym Multigym Workout Guide Compatibility with Devices
 - Perfect Gym Multigym Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Gym Multigym Workout Guide
 - Highlighting and Note-Taking Perfect Gym Multigym Workout Guide
 - Interactive Elements Perfect Gym Multigym Workout Guide
8. Staying Engaged with Perfect Gym Multigym Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Gym Multigym Workout Guide
9. Balancing eBooks and Physical Books Perfect Gym Multigym Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Gym Multigym Workout Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Perfect Gym Multigym Workout Guide
 - Setting Reading Goals Perfect Gym Multigym Workout Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Perfect Gym Multigym Workout Guide
 - Fact-Checking eBook Content of Perfect Gym Multigym Workout Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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