

# Perfect.AB-STRAP™

Welcome to the Perfect.AB-STRAP™ Workout. These exercises will improve your abdominal definition, strength, and endurance regardless of your fitness level.

## Ab Strap Workout

GOAL | Tone & Sculpt Abdominals

### Knee Ups



START

Keep feet and knees together  
Pull navel to spine  
Inhale



UP

Exhale  
Slowly pull knees to chest  
Do not swing as you pull knees to chest



DOWN

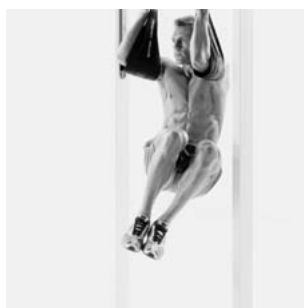
Inhale  
Slowly lower feet/knees to floor  
Keep pulling navel to the spine

### Oblique Knee Ups



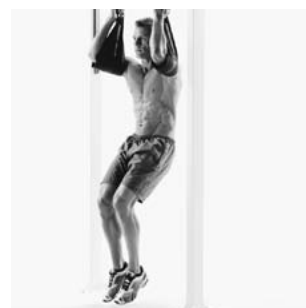
START

Keep feet and knees together  
Pull navel to spine  
Inhale



UP

Exhale  
Slowly pull knees to one side  
Do not swing as you pull knees to chest



DOWN

Inhale  
Slowly lower feet/knees to floor  
Keep pulling navel to the spine  
Repeat exercise on other side

### Leg Lifts



START

Keep feet and knees together  
Pull navel to spine  
Inhale



UP

Exhale  
Raise legs up until parallel to floor  
Keep legs straight



DOWN

Inhale  
Slowly lower legs to floor  
Do not swing

### ⚠ WARNING

**Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment.** You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use if you weigh over 220 lbs/100 kg. If using this product in conjunction with other equipment, please read and follow all the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Perfect fitness products you can visit our website [www.perfectonline.com](http://www.perfectonline.com) for more information.

For more workouts and  
information go to  
[www.perfectonline.com](http://www.perfectonline.com)

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### Instructions

- Step 1** Determine the number of ab strap reps that is best for you. Use the chart below to help guide your decision and make sure to modify reps up or down to match your fitness level.
- Step 2** Review the checklist before each workout for proper form and breathing.
- Step 3** Follow the 21 Day Workout to tone and sculpt your abdominals. Perform the number of sets listed for each movement.
- Step 4** Check [www.perfectonline.com](http://www.perfectonline.com) for new workouts.

### Perfect.AB-STRAP™ Workout Reps

The chart shown to the right provides a range of repetition levels (reps) for one set. Before you start your workout determine what level is best for you.

	Knees Ups	Obliques	Leg Lifts
<b>Starter</b>	<b>10</b>	<b>10</b>	<b>10</b>
<b>Experienced</b>	<b>20</b>	<b>20</b>	<b>20</b>
<b>Hardcore</b>	<b>40</b>	<b>40</b>	<b>40</b>

### 21-Day Workout

<b>Day 1</b> 1 Set Knee Ups 1 Set Obliques 1 Set Leg Lifts	<b>Day 2</b> OFF DAY	<b>Day 3</b> 1 Set Knee Ups 1 Set Obliques 1 Set Leg Lifts	<b>Day 4</b> OFF DAY	<b>Day 5</b> 1 Set Knee Ups 1 Set Obliques 1 Set Leg Lifts	<b>Day 6</b> OFF DAY	<b>Day 7</b> 1 Set Knee Ups 1 Set Obliques 1 Set Leg Lifts
<b>Day 8</b> OFF DAY	<b>Day 9</b> 2 Sets Knee Ups 2 Sets Obliques 2 Sets Leg Lifts	<b>Day 10</b> OFF DAY	<b>Day 11</b> 2 Sets Knee Ups 2 Sets Obliques 2 Sets Leg Lifts	<b>Day 12</b> OFF DAY	<b>Day 13</b> 2 Sets Knee Ups 2 Sets Obliques 2 Sets Leg Lifts	<b>Day 14</b> OFF DAY
<b>Day 15</b> 2 Sets Knee Ups 2 Sets Obliques 2 Sets Leg Lifts	<b>Day 16</b> OFF DAY	<b>Day 17</b> 3 Sets Knee Ups 3 Sets Obliques 3 Sets Leg Lifts	<b>Day 18</b> OFF DAY	<b>Day 19</b> 3 Sets Knee Ups 3 Sets Obliques 3 Sets Leg Lifts	<b>Day 20</b> OFF DAY	<b>Day 21</b> 3 Sets Knee Ups 3 Sets Obliques 3 Sets Leg Lifts

### Checklist

- ☒ **Head** Keep eyes looking forward and ears over shoulders
- ☒ **Back** Keep steady - no rocking - minimize body swing
- ☒ **Arms** Keep upper arms parallel to floor
- ☒ **Abs** Pull navel to spine during each "up" and "down" of the exercise
- ☒ **Legs** Conduct slow purposeful movements using abdominals to lift legs, not hip flexors
- ☒ **Pace** One second up / on second down
- ☒ **Breathing** Exhale on the 'up' / Inhale on the "down"

### Push-Pull-Core Workout

Looking for a total body workout? In this workout you can combine your Perfect.AB-STRAP™ workout with push ups and pull ups. If you have the Perfect.PUSHUP® and the Perfect.PULLUP® equipment great - go ahead and use it but it is not mandatory.

For every repetition you do of knee ups do an equal amount of push ups and divide that number by 2 for the pull ups.

Example:

If you are a starter lever:

Do 10 knee ups followed by 10 pushups followed by 5 pull ups.

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