

INSTRUCTIONS FOR THE PERFECT TRAINER[™] RESISTANCE BAR

Important: For maximum effectiveness and safety, please read your Owner's Manual before using your PERFECT TRAINER[™].

To avoid serious injury or product damage, your feet must be firmly planted on the Foot Platform while using the Resistance Bar.

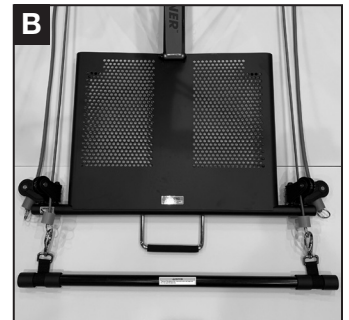
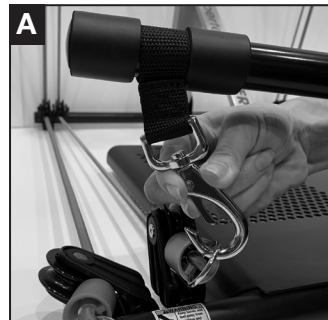
- The Resistance Bar is to be used only by clipping the Bar Bands to the designated upper or lower Band Clips on the unit.
- Resistance Clips must be secured when Resistance Bar is in use.
- See Perfect Trainer[™] Resistance Bar Caution Label located at the center of your Bar.



Follow the instructions below on how to attach and use the Perfect Trainer[™] Resistance Bar.

I. HOW TO ATTACH RESISTANCE BAR

The Resistance Bar is fitted with Resistance Bar Clips at either end of the Bar. Press the Resistance Bar Clip and hook on to one or more of the O-rings attached to the Resistance Band(s) end(s) on the left side of the unit (see A). Repeat the process with the Resistance Bar Clip at the other side of the Bar and the O-rings attached to the right side of the unit (see B).

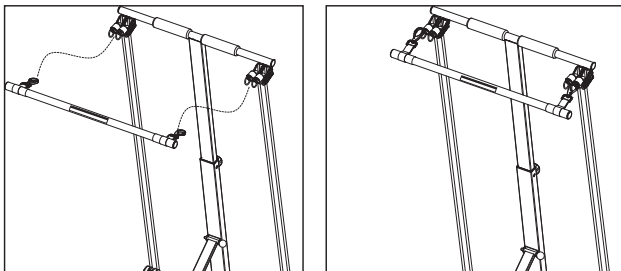


II. HOW TO EXERCISE WITH RESISTANCE BAR

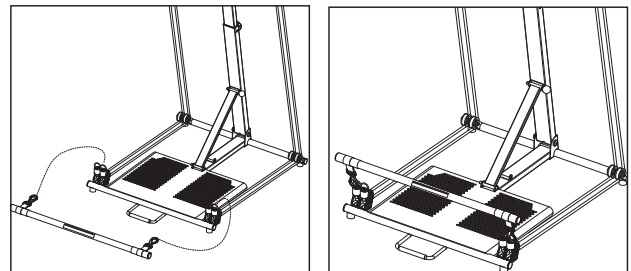
Get a full body workout with the Perfect Trainer[™] Resistance Bar! The included Resistance Bar Clips make for easy transitions between different Resistance Bands and exercises.

Add variety by attaching the Bar to either top or bottom Bands on the Perfect Trainer[™] (see below).

TOP OF UNIT



BOTTOM OF UNIT



RESISTANCE BAR EXERCISES

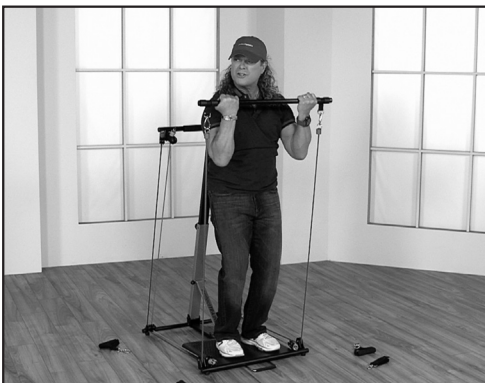
Key exercises with the Perfect Trainer™ Resistance Bar are: Chest Press, Arm Lifts/Raises, Bicep Curls, Shoulder Press, Front/Back Squats, and more. Perfect Trainer™ exercises are most effective when alternating accessory options (Resistance Bar, Handles & Ankle Cuffs)—hitting various target areas—and building leaner, more defined muscles.



Chest Press



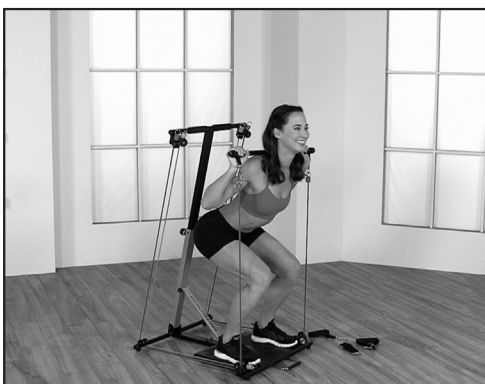
Arm Lifts/Raises



Bicep Curl



Shoulder Press



Squats