

THE PERFECT WORKOUT™

20 MINUTES | TWICE A WEEK | GUARANTEED RESULTS

FAST FITNESS AT HOME



This at-home exercise manual provides the “how to” information which can allow you to reshape your body in literally just 20 minutes, twice a week working out in your home (or elsewhere) with no expensive equipment.



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INTRODUCTION

SCOPE OF THIS MANUAL

This manual will provide descriptions of how to perform 8 slow-motion strength training exercises with your bodyweight and simple dumbbells. This manual is not meant to be a treatise on the mechanisms behind how slow-motion strength training stimulates improvements in your body, nor is it a nutrition manual to help you lose fat in conjunction with the exercise program. If you'd like more information than is covered in this training manual, please refer to the sources listed in the "Additional Resources" section at the end of this manual. **This exercise program will help you:**

REMODEL AND RESHAPE YOUR BODY

Slow-motion strength training increases your body's metabolism, causing you to burn more fat and calories all day long, even while sleeping. It reshapes and tones your legs and arms. And if you follow a good nutrition plan at the same time, your faster metabolism will help give you a smaller waist, slimmer thighs, and reduced hips. Adding muscle and losing fat will make your body firmer, smaller, and more shapely.

ENJOY GREATER HEALTH

Slow-motion strength training not only improves your appearance, but your health too. Effective strength training can:

- Increase Bone Density
- Improve Cholesterol Levels
- Lower Blood Pressure
- Reduce Low Back Pain

HAVE MORE FUN

By getting stronger, you'll experience less effort in your everyday activities (like carrying groceries or walking up the stairs), as well as greater prowess and enjoyment at anything you do for fun (like golfing, skiing, or playing with your kids or grandkids).



OVERALL, YOU'LL GAIN ENERGY AND SELF CONFIDENCE. AND YOU'LL BE "IN AND OUT" IN NO TIME – ALL IT TAKES IS 20 MINUTES, TWICE A WEEK.



BE AWARE OF OBSTACLES YOU MAY RUN INTO EXERCISING BY YOURSELF

If you are the type of person who will make the time and put forth the effort to exercise on your own, this manual can really help you. However, you need to know that statistics indicate that the majority of people will not exercise at all unless they have an appointment with somebody else (personal trainer, friend who's a training partner, etc.) to workout.

The business model of the world's largest health club chains count on the fact that the new members that purchase a membership may come to workout for several visits, but after 6 weeks **there's an 80% chance that a new member will never come back to the health club again.** So, 80% of the people who buy a health club membership never use their membership beyond the first few weeks. As a result, the big gym chains are able to sell 400% more memberships than their facilities would be able to service if all members were to actually workout at their gyms. (And the statistics are actually more grim than that. 80% of people who buy a membership wind up not working out. But, those are the people who were motivated enough to change their bodies that they actually bought a gym membership in the first place. Most people in America don't even get that far. So it appears that greater than 80% of Americans won't exercise unless they have an appointment with somebody else to workout.)



OVERCOMING THE OBSTACLES

So what's the solution? First, the good news is millions of people across the U.S. can, will, and do exercise on their own without needing the assistance of anybody else. **If you are one of those people, this at-home exercise program will work very well for you.** But what should you do if you know you're the type of person that won't workout on your own? First, don't feel badly or beat yourself up over it. You are not alone! Over 80% of America is in the same boat that you are. A great solution to the "accountability" problem of ensuring you'll make the time to workout is to get an appointment with somebody else to exercise. This greatly increases the odds that you'll actually do the program and reap all the appearance, health, and "feeling good" benefits that slow-motion strength training can give you. So, get a friend to learn how to do the exercises with you, and make appointments with each other to workout.

Or, if it's affordable for you, consider working with The Perfect Workout's expert personal trainers at any of our dozens of private fitness studios nationwide. Not only will you benefit from the "forced" accountability of needing to show up for your appointments, you'll benefit from our considerable expertise in helping you accelerate changes in your body. Plus, we're surprisingly affordable. If you can afford about \$60- \$75 a week, we've got plans that will ensure that you're able to reshape your body in the fastest time possible.

If \$60- \$75 a week doesn't fit your budget, that's totally understandable. But, please make sure that you'll actually do the following exercises somehow. If you know that you'll do them on your own, great. If not, enlist the aid of a friend to increase accountability. We want you to be as healthy and happy as the rest of us who've discovered the enormous benefits of slow-motion strength training!

THE PROGRAM

RECOMMENDED EQUIPMENT

All the equipment you're going to need for this program are some dumbbells and a comfortable chair. If you're committed to doing this at-home program and you don't own some adjustable dumbbells already, buy them. They will be well worth the purchase price for you. Often the least expensive dumbbells require you to move weight plates on and off the dumbbell to adjust the amount of weight on the bar. This style of dumbbell works just fine for this at-home program. If it's easier for you, buying a full set of dumbbells (that come preassembled with an ascending amount of weight for each pair) will work just as well. As other options, Bowflex SelecTech dumbbells or PowerBlocks dumbbells adjust to almost any resistance level you wish in a flash, and take up an extremely small amount of storage space. The downside of either the SelecTech or PowerBlocks dumbbells is they each cost several hundred dollars to purchase new. If that's affordable for you, they're very convenient to use. Or, you might be able to find a used pair on eBay or another website for an inexpensive price.

As far as needing a chair, several of the exercises described in this program are best performed with a chair. Just find one that's comfortable for you to use with the described exercises.

GENERAL GUIDELINES FOR PERFORMING THE EXERCISES

Take approximately 10 seconds to perform the lifting phase of each repetition of each exercise, and approximately 10 seconds to lower each repetition. On most exercises, this means lifting the weight as slowly as you can without stopping in the upward direction.

Breathe freely while performing each exercise. In other words, never hold your breath. If you feel yourself wanting to hold your breath, breathe faster.

After having learned how to perform the exercises, execute each set of repetitions until you achieve "momentary muscular failure." **THIS IS THE MOST IMPORTANT PIECE TO UNDERSTAND FOR GETTING RESULTS FROM STRENGTH TRAINING.** "Momentary Muscular Failure" sounds like it denotes something negative. However, muscular "failure" during a workout is actually an achievement, an achievement that's very productive for your body. Momentary muscular failure is the point at which after several repetitions your muscles become so fatigued that completing another repetition is not just difficult, it's actually impossible. You're pushing or pulling as hard as you can, and the weight refuses to budge even a fraction of an inch because your muscles have become so fatigued.



**WHAT DO I
NEED TO GET
STARTED?**

DUMBBELLS

CHAIR

YOUR BODY!

RECOMMENDED ROUTINES

Although each of the following workout routines provides a full body workout for your muscles, the order in which you perform the exercises during your workout affects which areas of your body are most emphasized for that workout. The following are some sample routines. We recommend you use the “Basic Routine” until you’ve become proficient at all the exercises, and after that feel free to vary your workouts by using different routines.

BASIC ROUTINE

- Wall Squat with Ball
- Pullover with Dumbbell
- Chest Press
- Biceps Curl
- Overhead Triceps Extension
- Superman
- Abdominal Crunch
- Calf Raise

ARM BLASTER

- Biceps Curl
- Overhead Triceps Extension
- Chest Press
- Pullover with Dumbbell
- Superman
- Abdominal Crunch
- Calf Raise
- Wall Squat with Ball

FANNY FIRMER

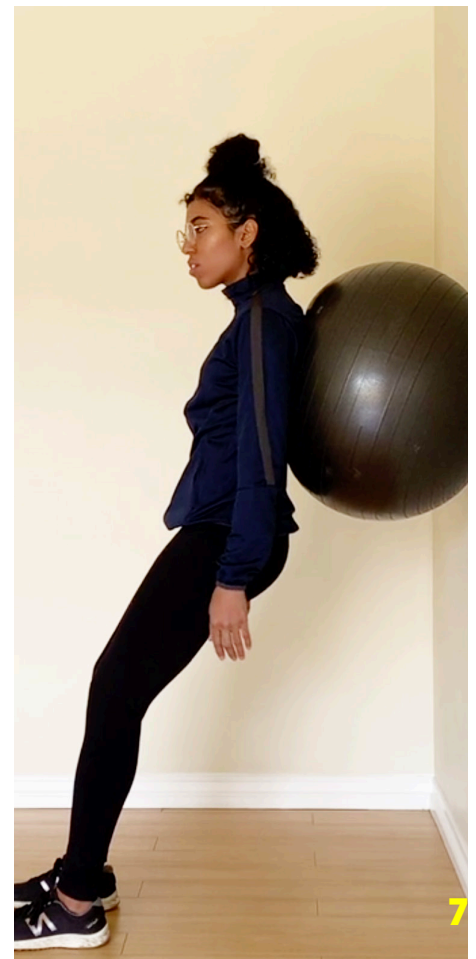
- Wall Squat with Ball
- Superman
- Calf Raise
- Pullover with Dumbbell
- Chest Press
- Biceps Curl
- Overhead Triceps Extension
- Abdominal Crunch

ABDOMINAL EMPHASIS

- Abdominal Crunch
- Pullover with Dumbbell
- Wall Squat with Ball
- Chest Press
- Biceps Curl
- Overhead Triceps Extension
- Superman
- Calf Raise

LEG SCULPTOR

- Superman
- Wall Squat with Ball
- Calf Raise
- Pullover with Dumbbell
- Chest Press
- Biceps Curl
- Overhead Triceps Extension
- Abdominal Crunch



WALL SQUAT WITH BALL



AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Buttocks, front thighs

Secondary: Rear thighs

STARTING POSITION

Use a soccer ball, volleyball, or Swiss ball which you can place between your back and the wall (the ball allows you to “roll” up and down the wall). To start, stand upright and place the ball between your lower mid-back and the wall. Move your feet forward so that they’re several inches in front of the rest of your body. If you are strong enough, hold dumbbells at your sides to add resistance to the exercise.

PERFORMING THE EXERCISE

From the standing position, slowly bend your knees and start lowering yourself toward the floor. Take approximately 10 seconds to lower to the point that your thighs are approximately parallel with the floor. Once you’ve reached this bottom position, slowly reverse direction and press yourself upward, allowing the ball to roll between your body and the wall. Take approximately 10 seconds to raise yourself to the top, and slowly reverse direction. Repeat for as many repetitions as you can until your muscles fatigue to momentary muscular failure.

SUCCESS TIPS

When raising yourself to the top position for each repetition, don’t raise yourself to the point that your knees fully straighten. Turnaround at the top while your knees are still bent. This prevents your muscles from resting, making the exercise harder and more productive.

Keep your back vertical, straight up and down throughout each repetition.

For safety, you may want to put a short stool and/or some pillows against the wall between your buttocks and the floor, so that you don’t fall to the floor when your muscles fully fatigue.

This exercise can also be modified with dumbbells or no ball behind the back.



PULLOVER W/ DUMBBELL



AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Upper and mid back
Secondary: Chest and triceps

STARTING POSITION

Lie with your mid-back on a chair (or stool or bench), and firmly hold a dumbbell above your chest with your arms outstretched



PERFORMING THE EXERCISE

Slowly lower the dumbbell toward the floor above and behind your head. Carefully lower it to the point that you feel a comfortable stretch, and then slowly reverse direction and pull the dumbbell back up above you. Take approximately 10 seconds to lower and 10 seconds to raise the dumbbell. Repeat for as many repetitions as you can until you reach momentary muscular failure.



SUCCESS TIPS

For safety, don't overstretch at the bottom of each repetition.

Keep a slight bend in your elbows throughout the exercise.

Try not to allow your hips to move upward or downward during the exercise. Keep them in approximately the same position.

CHEST PRESS



AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Chest, shoulders, and back of upper arms

STARTING POSITION

Lie on your back holding dumbbells in each hand at about chest level, with your elbows flared out away from your trunk. The backs of your upper arms should be resting on the floor.

PERFORMING THE EXERCISE

Slowly press the dumbbells upward. Take ten seconds to almost straighten your elbows. When your elbows are almost straight (but still slightly bent) smoothly reverse direction and lower the dumbbells until the backs of your upper arms lightly touch the floor, and begin the next repetition. Continue performing repetitions until momentary muscular failure.

SUCCESS TIPS

Don't pause in either the upper position or lower position when performing the repetitions for this exercise. The dumbbells should constantly be in smooth, continuous motion.

Avoid straightening your arms fully at the top of the repetitions. Keeping your elbows bent will keep tension on the muscles, preventing them a chance to rest, and will make the exercise more effective.

BICEPS CURL



AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Biceps (front of upper arm)

Secondary: Forearm

STARTING POSITION

Sit upright in a chair grasping dumbbells with both hands, arms down at your sides. Keep your elbows fixed in the sides of your rib cage.

PERFORMING THE EXERCISE

Slowly bend your elbows and take 10 seconds to raise the dumbbells until your elbows are bent as far as you can. Make sure not to let your elbows “drift” forward during the movement. Keep them in the same position fixed on the sides of your rib cage. Pause briefly in the top position. (If you’ve kept your elbows in the same position, this pause should feel challenging.) Slowly lower to the straight arm position and repeat.



SUCCESS TIPS

Keep your back straight up and down throughout the exercise. Don’t allow yourself to sway forward and backward.

This exercise can also be performed standing up against a wall.



OVERHEAD TRICEP EXTENSION

AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Back of the upper arms

STARTING POSITION

Sitting in a chair, firmly grasp one dumbbell with both hands and hold it above your head. Keep your elbows near your ears.



SUCCESS TIPS

Be careful not to overstretch your muscles in the bottom position of the exercise. Be slow and smooth during this lower turnaround.

Make sure you have a firm grasp on the dumbbell – you don't want to lose your grip and have the dumbbell fall on your head!

PERFORMING THE EXERCISE

Slowly bend your elbows and allow the dumbbell to lower behind your head. Keep your elbows near your ears (don't let them pull too far outward away from your head). Lower until you feel a slight stretch in the muscles in the back of your upper arms (triceps muscles). Smoothly reverse direction and begin pressing the dumbbell back to the top position in 10 seconds. Repeat until momentary muscular failure.

SUPERMAN

AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Buttocks, lower back

Secondary: Hamstrings, upper back, neck

STARTING POSITION

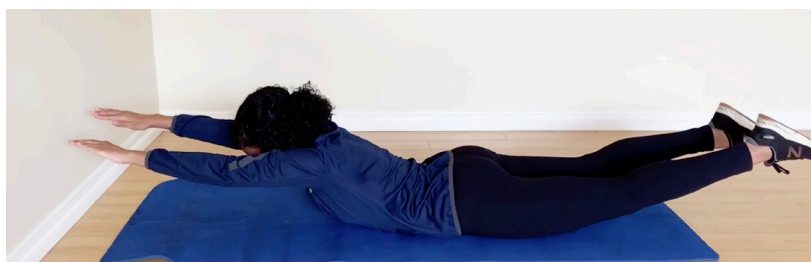
Lie face down on the floor with your arms stretched forward as if you are in a “Superman” flying position.

SUCCESS TIPS

If you're too strong to hit failure in less than 6 repetitions, add resistance by putting ankle weights on your ankles.

Also, to increase the intensity of the exercise hold the “squeeze” position at the top of the exercise for longer periods of time. If you can get strong enough, maybe you'll eventually be able to hold the squeeze position for the full 2 minutes of the exercise.

For extra intensity for the buttocks muscles, perform this exercise immediately before or after the wall squat. Both exercises work the buttocks muscles, and putting them back to back will make the second exercise more challenging for the buttocks.



PERFORMING THE EXERCISE

Slowly bring your hands and feet off the floor. Focus on carefully curving your spine up off the floor, keeping your lower abdomen and front hips as your contact point on the floor. As you near the top, squeeze your buttocks together and try to bring your arms and legs as high off the ground as you safely can. Hold the top “squeeze” position momentarily, and slowly lower to the beginning. At the bottom position don't rest, keep muscle tension, and start raising yourself back up to the top.

ABDOMINAL CRUNCH

AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Abdominal and tummy area

STARTING POSITION

Lay on the floor face up. Bend your knees and bring your heels close to your buttocks. To help your neck support the weight of your head, place your hands behind your head and lightly cup your head with your fingertips.

PERFORMING THE EXERCISE

Focusing on doing all of the work with your abdominal muscles, slowly bring your shoulders upward off the floor, trying to bring your shoulder blades as high as they'll come upward away from the floor. Once you've reached as high as you can go on the repetition, really squeeze the abdominal muscles by imagining that you're able to go even higher, fighting to eke out just a little more upward movement. Slowly return to the starting position and begin another repetition, making sure not to allow the muscles a chance to rest at the bottom position.



SUCCESS TIPS

If performing the exercise in the above manner is too much resistance for you, fold your arms across your chest (rather than using your hands to cup your head). Your arms folded on your chest will provide lighter resistance.

Concentrate on performing all of the work with the abdominal muscles. Try not to allow other muscles to help out.

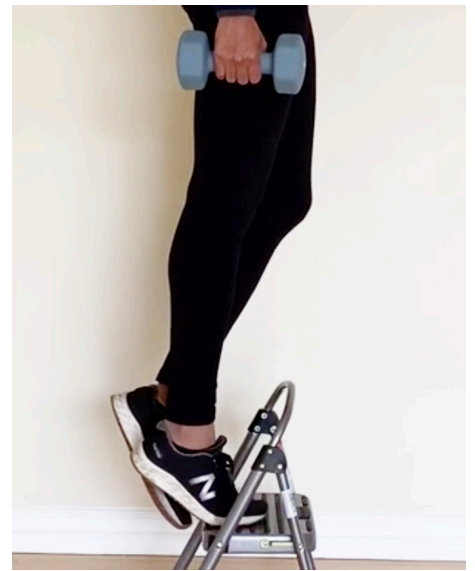
CALF RAISE

AREAS OF THE BODY WHICH ARE FIRMED & STRENGTHENED

Primary: Calves

STARTING POSITION

Place the ball of one foot on a solid raised platform like a stair or stable foot stool. Your heel should be “hanging” off the edge of the raised surface. Hold a dumbbell in the same hand as the leg which you are exercising.



SUCCESS TIPS

In the stretched position at the lower turnaround, be sure not to “bounce” out of the bottom. Be extra careful to perform the lower turnaround safely.

In the top position, imagine that you’re trying to push the ball of your foot downward through the surface, as if you’re trying to stand up on your toes.

After performing the first 2 repetitions and your muscles and tendons are warmer, it’s OK to emphasize stretching a little deeper at the bottom and squeezing a little higher at the top for the remaining repetitions.

PERFORMING THE EXERCISE

Slowly lower your heel until you feel a conservative stretch in your calf muscle. Carefully reverse direction, and take 10 seconds to raise your heel as high as you safely can. Repeat until you achieve momentary muscular failure. Once you’ve finished with one leg, switch legs and perform repetitions until failure with the opposite leg.

ADDITIONAL RESOURCES

The Perfect Workout has dozens of private fitness studios nationwide with certified personal trainers that specialize in teaching the slow-motion strength training method. If it's feasible for you to travel to one of our studios, it's a great idea for you to enlist the services of one of our expert personal trainers to help you acquire additional knowledge and skills to make your body firmer and healthier. Even if you're only able to afford a few personal training sessions, it'll be well worth your investment. For more information, call our central reservation and information line at:

(888) 878-1808

Or, visit our website:

www.ThePerfectWorkout.com

BOOKS FOR FURTHER READING:

More information about slow-motion strength training:

The Slowburn Fitness Revolution by Fred Hahn, Michael Eades, M.D., and Mary Dan Eades, M.D.

A Flat Stomach ASAP by Ellington Darden, Ph.D.
(Darden has also authored dozens of other great books about effective strength training)

High-Intensity Exercise by Philip Alexander, M.D.

CUTTING EDGE NUTRITION TO HELP YOU LOSE FAT AND GET LEANER:

Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat by Paul Jaminet, Ph.D. and Shou-Ching Jaminet Ph.D.

The Hungry Brain: Outsmarting the Instincts That Make Us Overeat by Stephan Guyenet Ph.D.