

Perfect.SITUP[®]

Start Working **ALL** Your Abs!



Perfect Position + Blade Resistance = Faster Results



Normal Situps Work **HALF** Your Abs
Perfect Situp[®] Works **ALL** Your Abs

Activate Your

- UPPER ABS
- LOWER ABS
- DELTOIDS



TOTAL Abdominal Workout



Perfect.
F I T N E S S

Manual For Perfect Situp

Marco Cascella



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