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Perfect Position + Blade Resistance = Faster Results



Normal Situps Work **HALF** Your Abs  
Perfect Situp<sup>®</sup> Works **ALL** Your Abs

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- UPPER ABS
- LOWER ABS
- DELTOIDS



**TOTAL** Abdominal Workout



**Perfect.**  
SITUP<sup>®</sup>

# Manual For Perfect Situp

**RM Cervero**



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