

PERFECT[®] SHAPE

Test Lesson

Try it for two weeks. You will see how effective it is and you will be surprised by its results.

INSTRUCTIONS

Perfect Shape[®] was created in such a way as to allow, from the very first days, a visible increase in muscle mass and strength as well as an improvement of one's health. That is why we suggest you practice this test lesson for two weeks. You will see the effectiveness of the method and be surprised by its results.

- begin your training session with a light warm up
- do not fully extend your arms and legs during the exercises
- do the exercises slowly
- exert the maximum strength possible but maintain a flowing and harmonious movement
- tremor and jerky movement indicate that you are exerting excessive force
- perform a maximum number of repetitions until you feel tired but without reaching a point of extreme fatigue or feeling pain
- do not jeopardize a correct posture by trying to perform too many repetitions
- do each exercise the same number of times and with the same strength with both sides of your body
- relax your muscles between each exercise

The complete system includes twelve lessons, each one consisting of eight exercises which will reconstruct your muscles from the top to the bottom according to the most advanced research in muscular physiology, neurophysiology and training theory.

Lessons are practiced for one or two weeks and if one follows the scheme as it is described in the **Perfect Shape through Dynamic System** manual, the muscular reconstruction will be completed in only three months.

EXERCISE 1



Position: standing, with your arms extended outwards above shoulder height and the legs slightly bent.

Execution: while contracting the arm, chest and upper back muscles, bring your arms down forcefully until they crossing each other in front of your chest. Continue with an energetic and harmonious movement.

EXERCISE 2



Position: standing, upright posture and the left leg extended in front of your body.

Execution: bring your leg outward to the side and then behind your body with a semi-circular movement, then slowly go back to the front of your body. After placing the left foot on the floor, repeat the same movement with the right leg, and keep alternating the movement with each leg. Do the same number of times with both legs.

EXERCISE 3



Position: with your arms in front of the body, make a fist with both of your hands and place one hand on the top of the other hand.

Execution: push down with the fist on the top by exerting tension with the chest muscles, while the fist underneath opposes the movement. As you do this, maintain an upright posture. Alternate the position of the fists and do the same number of repetitions with both arms.

EXERCISE 4



Position: with the right fist against the palm of the left hand palm, on the right side of your body.

Execution: slowly push forcefully the right fist against the left palm towards the left side of the body. The left palm opposes the movement. Perform the same number of repetitions on the other side of the body.

EXERCISE 5



Position: supine position with both legs bent, the left foot on the floor, the right foot on the left knee, and the right hand behind the right gluteus.

Execution: lift the trunk and slowly rotate it to the right bringing the left elbow as close as possible to the right knee.

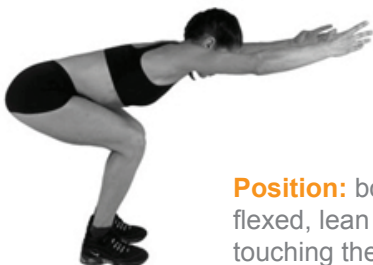
EXERCISE 6



Position: standing, legs close together.

Execution: lift your body on your toes and go down very slowly until your knees are fully bent. Then go back to the initial position while you lower your heels until they touch the floor. Relax the musculature and repeat the same number of repetitions but a faster pace without lifting the heels.

EXERCISE 7



Position: both legs together and flexed, lean forward with the hands touching the floor; the trunk is parallel to the floor.

Execution: slowly elevate your arms as high as you can in front of your shoulder and return to the initial position. Then elevate your arms to as high as you can to the sides. Alternate these two movements while keeping the trunk still.

EXERCISE 8



Position: two stools (or two chairs) side by side at a distance of 40 or 50 centimeters, place your hands on each chair with your body extended back, feet on the floor, with a straight and firm back (see picture).

Execution: bend slowly your arms and breathe out; as your chest goes through the chairs, try to bring it as close as possible to the floor. Slowly extend your arms as you breathe in, and go back to the starting position. Repeat maintaining the correct posture.