



a perfect fit gym™ a perfect fit slide & glide™

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The Perfect Fit Gym

IMPORTANT!
PLEASE READ THE INSTRUCTIONS
BELOW BEFORE USING ANY NATS
PERFECT FIT GYM PRODUCTS.

1. Consult with a physician to discuss any specific guidelines regarding fitness/wellness programs and the use of any NATS health and fitness products.
2. Always check for possible wear on the tubing and attachment area before each exercise session. If the tubing has a nick or a cut, discontinue use of that tubing product and replace it. There is not a safe way to repair a tubing product.
3. You may use a mild soap to clean any part of the NATS Perfect Gym product,
4. Both feet must always be on the mat, unless otherwise specified in the exercise, while keeping your feet next to the holes containing your tubing.
5. Never pull tubing toward your face.
6. Perform 1-3 sets of 8-12 repetitions during each exercise session resting 30-60 seconds between each set.
7. If unable to accomplish 8 repetitions, replace the tubing with one of less resistance.
8. Never stretch tubing beyond 2 times its resting length.





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