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› Perfect Fitness Perfect Pushup Rotating Handles Instruction Manual

Perfect Fitness Perfect Fitness 31000 Perfect Pushup

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Model: Perfect Fitness 31000 Perfect Pushup

INTRODUCTION

The Perfect Fitness Perfect Pushup Rotating Handles are designed to enhance your pushup routine by reducing joint strain and engaging a wider range of muscles. Featuring patented rotating handles, this innovative fitness tool allows for natural alignment of your arms and wrists, promoting increased strength and definition in your arms, shoulders, chest, back, and abdominal muscles. Suitable for all fitness levels, from beginners to advanced users, these handles provide a stable and comfortable platform for effective workouts.



Image: A pair of Perfect Pushup rotating handles, showcasing their ergonomic design and non-slip base.

SETUP

The Perfect Pushup handles come ready for use. Each unit consists of a handle and a base. To ensure proper assembly and stability, firmly press the handle into the base until you hear a distinct "CRACK" sound. This sound indicates that the internal hooks on the handle have securely locked into the crevasse within the base. Once assembled, the handles are intended for permanent use and should not be disassembled, as attempting to do so may damage the product. Place the assembled units on a firm, flat surface before beginning your workout.



Image: The underside of the Perfect Pushup handles, highlighting the red non-slip base designed for stability.

OPERATING INSTRUCTIONS

The unique rotating design of the Perfect Pushup handles allows for a more natural and effective pushup motion. This rotation helps to reduce stress on your wrists and joints while engaging more muscles in your upper body and core.

Basic Pushup Technique:

1. **Positioning:** Place the Perfect Pushup handles on the floor, slightly wider than shoulder-width apart. Grip the handles firmly with your hands.
2. **Starting Position:** Assume a plank position with your body straight from head to heels. Your arms should be fully extended.
3. **Lowering Phase:** As you lower your chest towards the floor, allow the handles to rotate naturally, turning your wrists inward. Keep your elbows tucked close to your body for optimal muscle engagement.
4. **Pushing Phase:** Push back up to the starting position, allowing the handles to rotate back to their original position, turning your wrists outward. Focus on engaging your chest, shoulders, and triceps.

Variations:

- **Standard Pushup:** Perform the basic technique with your legs extended and supported by your toes.



Image: A man demonstrating a standard pushup using the Perfect Pushup handles.

- **Knee Pushup:** For beginners or those needing modification, perform the pushup with your knees on the ground.



Image: A woman demonstrating a knee pushup, a modified version for reduced intensity.

- **Elevated Pushup:** To increase difficulty, elevate your feet on a stable surface.



Image: A woman performing an elevated pushup, increasing the challenge by raising her feet.

Always maintain proper form to maximize effectiveness and prevent injury. Consult a fitness professional for personalized guidance if needed.

MAINTENANCE

To ensure the longevity and optimal performance of your Perfect Pushup handles, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down the handles and bases with a damp cloth after each use to remove sweat and debris. Avoid using abrasive cleaners or solvents, as these may damage the materials.
- **Storage:** Store the handles in a cool, dry place away from direct sunlight and extreme temperatures.

- **Inspection:** Periodically inspect the handles and bases for any signs of wear or damage. If any part appears compromised, discontinue use immediately.

TROUBLESHOOTING

If you encounter any issues with your Perfect Pushup handles, refer to the following common solutions:

- **Handles not rotating smoothly:** Ensure the handles are clean and free of debris. The ball bearing system is designed for smooth rotation; excessive friction might indicate a need for cleaning or inspection for foreign objects.
- **Handles feel unstable during use:** Verify that the handles are placed on a firm, flat, and non-slippery surface. The non-slip base is designed for stability, but uneven or slick surfaces can compromise grip.
- **Wrist discomfort during pushups:** The Perfect Pushup handles are designed to alleviate wrist strain. Ensure you are allowing the handles to rotate naturally with your wrist movement. If discomfort persists, consult a healthcare professional.
- **Product appears to be broken after assembly:** As noted in the Setup section, a "CRACK" sound during initial assembly is normal and indicates the handle has securely locked into the base. Do not attempt to disassemble the units once assembled, as this will likely cause irreversible damage.

SPECIFICATIONS

Feature	Detail
Brand	Perfect Fitness
Model Name	Perfect Fitness 31000 Perfect Pushup
Material	Rubber
Color	Original Version
Handle Type	Rotating
Maximum Weight Recommendation	300 Pounds
Item Weight	1.1 Pounds
Item Dimensions (LxWxH)	8 x 5.1 x 8 inches
Included Components	Perfect Pushup (Pair of handles)
Country of Origin	China
UPC	096506310002

WARRANTY & SUPPORT

Please note that this product is sold without an explicit manufacturer's warranty. All sales are final, and returns are not accepted as per the legal disclaimer.

For any product-related inquiries or support, please visit the official Perfect Fitness website or contact their customer service department. You may also refer to the [Perfect Fitness Store on Amazon](#) for additional resources.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question