

A "Perfect" Workout?

By Coach Rick Karboviak

<http://asapworkouts.com>

Over the last year & a half, I have been working out with the Perfect Push-Up™, and later, the Perfect Pull-Up™ devices within my workouts. I have also added in a popular pull-up bar for your doorway, called the Iron Gym™, to the mix.

The Perfect Push-Up™ has been a great asset to my training for doing push-ups, as the variety & smooth nature of the rotating handles just makes the push-up feel *that-much-better* when you are doing them. I will do plain push-ups & other styles of push-ups now & then, but a staple of my Pushing choice of exercise is with the Perfect Push-Up™.

It took about 9 months later and I got the latest addition to BodyRev™'s lineup of "Perfect" devices, the Perfect Pull-Up™. This came with a doorway system and two hook-on handles that rotate as you pull yourself up. When I got my new home, I installed the doorway system into the basement doorway. This was kind of a bad idea, since my basement is pretty short. It all turned out just fine though, after I got the Iron Gym™ doorway device for doing pull-ups in the doorway, a few push-up options & sit-ups, as well as the ab straps for doing hanging leg raises. The Perfect Pull-Up™ handles fit just fine on the Iron Gym™. All in all, the Perfect Pull-Up™ handles are great for lessening the stress on the wrists, and enable you to get more control in your pulling due to such smooth rotation of the handles as you pull up.

Why someone didn't come up with this stuff years ago is beyond me, but I'm glad that this stuff has been created to help make these exercises smoother (not just easier), and more effective. I think I would have been just fine back in my HS days with just an Iron Gym™ device alone, and who's to say what I could have done with at least one of the "Perfect" devices that are out now.

In a day & age of where we see abdominal exercise gadgets that ease the user into the range of motion that they should be resisting against, and other contraptions that make exercise effort seem senseless because 'this machine will do it for you!', I'm glad to see some devices that help you workout smarter, not just easier.

What I mean is this: if you can buy a device that makes an exercise or two a bit more effective than doing it in a regular format, why not make the investment? Notice I didn't say just 'easier' there. I truly feel that the devices I have mentioned can help people make their workouts better, smoother, & more effective in the long run.

I cover a few of these in my free workout guide, *The ASAP Way*, found at <http://asapworkouts.com/asapway.html>. For the simple pushing & pulling actions within a workout, these exercise devices take up minimal room, and enable you to do it all in-home, or even at the gym (take the Perfect Push-Up™ & the Pull-Up™ handles with you in a small bag). They may just help you create a more "Perfect" workout than you previously had.

Coach Rick Karboviak offers training advice to parents, coaches, trainers, & athletes, A.S.A.P., through his series of sites, such as:

<http://ASAPWorkouts.com>

<http://1MileNation.com>

<http://RocketSpeedTraining.com>

<http://Endure.SpeedDialCoach.com>

<http://BudgetWorkout.com>