

# PERFECT SHAPE

## THROUGH DYNAMIC SYSTEM



By  
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Perfect Shape is a scientific method designed to sculpt your body, improve your health and strengthen your will power. The Perfect Shape method has been specifically designed to promote a harmonious development of your body and create long-lasting results in only 3 months. The system does not require any fitness equipment: it works by simply using resistance generated by the muscles themselves to oppose each movement. It is incredibly simple and effective.

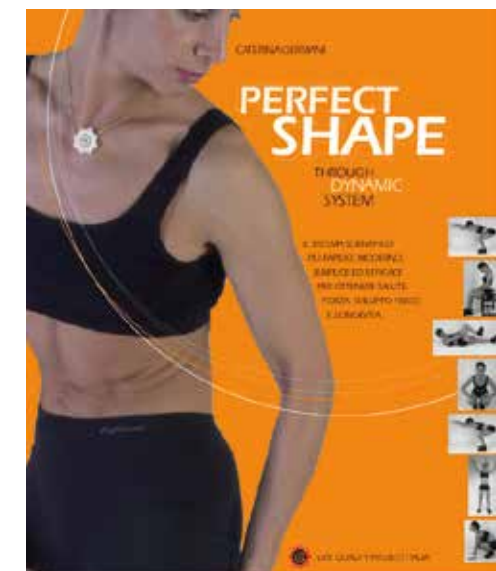
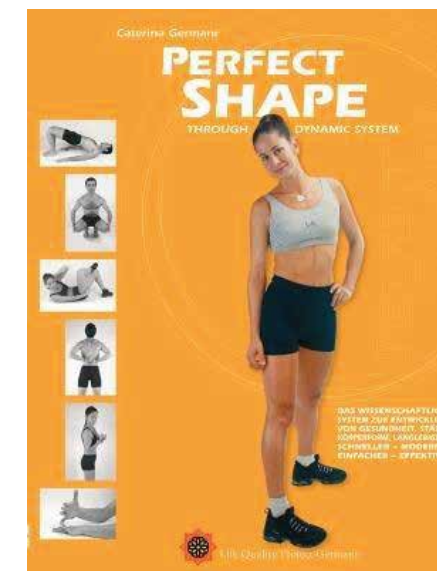
### HOW TO PRACTICE THE EXERCISES

- Start each session with a suitable warm-up
- During each exercise your legs and arms should never be completely tense
- Perform the exercises slowly, letting each movement flow harmoniously
- Use as much strength as possible during every repetition, but without losing the continuity of the movement; jerky or staggered movements occur when you exert too much tension
- For each exercise, perform a number of repetitions until your muscles feel tired, but never exhausted
- Do not exaggerate the number of repetitions, as this might compromise maintaining correct posture
- Make sure to practice the same number of repetitions for each limb and/or on both sides of the body
- Let your muscles rest between one exercise and the next

The complete system consists of 12 lessons, each one including 8 exercises that reconstruct the musculature from top to bottom, in accordance with the most advanced notions of muscle physiology, neurophysiology and training theory. From the very first day of practice you will strengthen your musculature and improve your health, achieving results in only 3 months. Try out the test lesson of Perfect Shape for two weeks and you'll be surprised at the results.

Besides the exercises that are the core of the method, Perfect Shape offers detailed advice about the bases of physical, mental and energetic well-being: nutrition, personal hygiene, the importance of correct sleep and positive spirit.

Discipline, nutrition, correct use of energy, Attention, Intention and Dedication, are the key words to open the doors of the inner power, that will lead us, through the development of each muscle, closer to our bodies and to enjoying the greatest gift that has been given to us: life.



published by Life Quality Project  
is a 144 page course manual with over 150 illustrations,  
and is available in Italian, Spanish and English

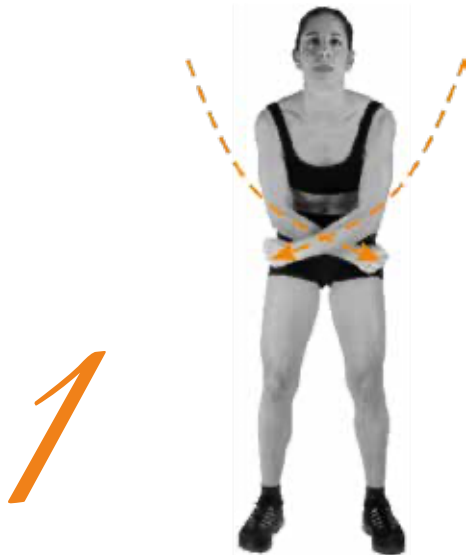
For information about courses or to purchase the  
"Perfect Shape Through Dynamic System" course  
manual:



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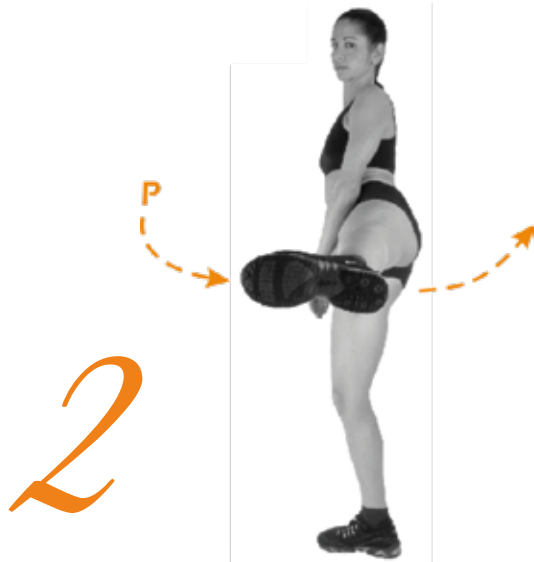
P: Arms (fists clenched) fully extended upwards and outwards, legs slightly apart.

A: Tense the arm, chest, and back muscles (pectorals and dorsals); while keeping the muscles tensed, slowly lower the arms crossing them in front of the chest. Once you reach the lowest position, briefly increase the muscle tension, then slowly return to the starting position. Repeat the movement smoothly, powerfully, and harmoniously.



P: Standing, one leg extended straight in front of the body.

A: Move the leg in a semicircular motion outward and then backward. Keep the upper body steady. Return to the starting position and repeat with the other leg.



P: Arms extended forward, fists stacked on top of each other.  
A: Press the fists down toward the pelvis while contracting the chest muscles. The lower fist provides resistance. Alternate the fists while maintaining an upright and stable posture.



P: Place the right fist against the left hand on the right side of the body.

A: Press the right fist firmly against the left hand, moving it toward the left side of the body. The left hand provides active resistance. Return to the starting position and repeat the movement with the other side.



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## Trial Lesson

P = Position A = Execution

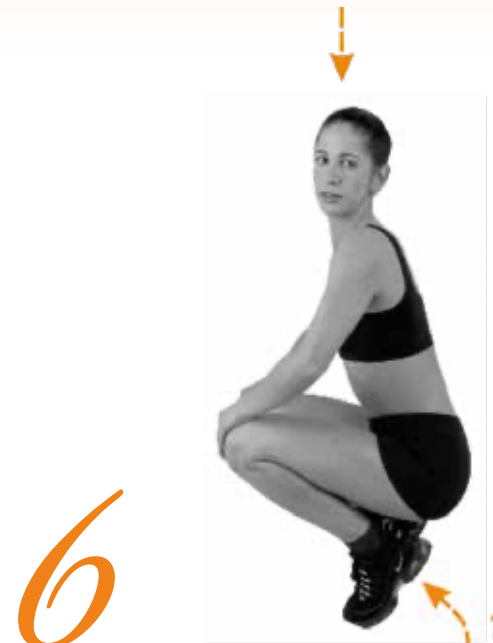
P: Lying on your back with legs bent and feet on the floor. Left hand behind the neck, right foot resting over the left knee.

A: Lift the torso and rotate to the right, bringing the left elbow as close as possible to the right knee. Slowly return to the starting position and repeat on the other side.



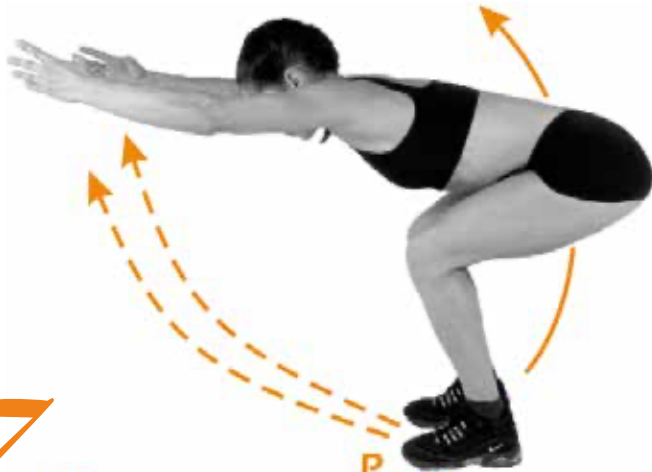
P: Standing, upright and relaxed.

A: Raise the heels and stand on the balls of the feet. Slowly bend the knees until you reach a squat position. Return to the starting position in a controlled manner, lowering the heels. If needed, use your hands on a chair for balance.



P: Half squat position, torso bent forward. Arms hanging down, touching the floor.

A: Slowly raise the arms as far as possible, first forward and then upwards, and then lower them. Alternate the movement laterally, maintaining constant muscle tension throughout the upper body.



P: Arms extended forward, hands clasped with interlocked fingers, thumbs aligned.

A: Slowly bring the right hand toward the right shoulder, while the left hand provides active resistance. Return to the starting position and repeat the movement with the left hand toward the left shoulder.

