



Step 4 | Install Swing Arms

- Insert the two Swing Arm tubes into the Pullup Tube
- To install the Swing Arms on the Side Pivots, line up the large hole in the Swing Arm with the chrome head of the Side Pivot. It's easier to attach the Swing Arm if it comes up from below as shown in the photo.



Step 5 | Tighten the Pullup Tube

- Rotate the Swing Arms up and hook into the J-Brackets
- Center the Pullup tube and tighten the 2 black hex screws with the hex wrench provided. The chrome screws do not need tightening.

Get Ripped!



Step 6 | Test and Get Fired Up for your first workout!

- Test the installation by gradually putting your full weight on the bar
- Rotate the Swing Arms and check that the Side Pivots
- Check that the door frame is sound
- If the Perfect Pullup does not feel stable or if the mounts are loose, do not use the equipment. You may want to try installing in a different doorway. Call Customer Service for assistance.

Perfect Pullup Installation Manual

JE Gale



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Table of Contents Perfect Pullup Installation Manual

1. Understanding the eBook Perfect Pullup Installation Manual
 - The Rise of Digital Reading Perfect Pullup Installation Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pullup Installation Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Perfect Pullup Installation Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pullup Installation Manual
 - Personalized Recommendations
 - Perfect Pullup Installation Manual User Reviews and Ratings
 - Perfect Pullup Installation Manual and Bestseller Lists
5. Accessing Perfect Pullup Installation Manual Free and Paid eBooks
 - Perfect Pullup Installation Manual Public Domain eBooks

- Perfect Pullup Installation Manual eBook Subscription Services
- Perfect Pullup Installation Manual Budget-Friendly Options
- 6. Navigating Perfect Pullup Installation Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Perfect Pullup Installation Manual Compatibility with Devices
 - Perfect Pullup Installation Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Perfect Pullup Installation Manual
 - Highlighting and Note-Taking Perfect Pullup Installation Manual
 - Interactive Elements Perfect Pullup Installation Manual
- 8. Staying Engaged with Perfect Pullup Installation Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Perfect Pullup Installation Manual
- 9. Balancing eBooks and Physical Books Perfect Pullup Installation Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Perfect Pullup Installation Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Perfect Pullup Installation Manual
 - Setting Reading Goals Perfect Pullup Installation Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perfect Pullup Installation Manual
 - Fact-Checking eBook Content of Perfect Pullup Installation Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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