

PERFECT • PULLUP™

Turn On Your Strength™ Workouts

GOALS | Build & Tone Back and Biceps

Welcome to the Perfect Pullup

These exercises will improve your strength, speed, and endurance regardless of your fitness level.
Check our website to learn more and view more challenging workout drills.

Full Pullup



START

| Pointers |

Hands slightly wider than shoulder width apart.
Neck, Back & Legs in alignment.
Head neutral - Ears remain above shoulders.



MID

ROTATE 90°



UP

| Pointers |

Slowly lower yourself to the Down position.
Chin should stay above the Perfect Pullup handles.
Reverse rotation as you lower back to the Down position.



DOWN

Australian Pullup



START

| Pointers |

Hands shoulder width apart.
Position body in plank position as shown.
Neck, Back & Legs in plank position.



MID

ROTATE 90°



UP

| Pointers |

Handles should be in line with chest, elbows close to body.
Maintain plank position throughout exercise.
Elbows go straight back as you rotate outward for the Down position.



DOWN

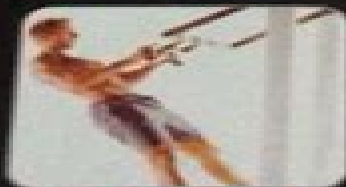
Standing Row



START

| Pointers |

As shown Advanced Upright Row (feet against door frame).
Beginners may stand straight up.
Keep Neck, Back and Legs in Plank position.



MID

ROTATE 90°



UP

| Pointers |

Handles should be in line with chest, elbows close to body.
Maintain plank position throughout exercise.
Elbows go straight back as you rotate outward to the Down position.



DOWN

Flip over for our exclusive Turn On Your Strength™ Three Week Workouts, Schedule and Checklist.

Perfect Pullup Manual

N Colangelo

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Perfect Pullup Manual:

Enjoying the Beat of Expression: An Psychological Symphony within **Perfect Pullup Manual**

In some sort of taken by displays and the ceaseless chatter of fast connection, the melodic splendor and mental symphony produced by the written word usually fade into the background, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, situated within the pages of **Perfect Pullup Manual** a marvelous fictional treasure full of organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this charming masterpiece conducts visitors on a psychological journey, well unraveling the hidden songs and profound impact resonating within each carefully constructed phrase. Within the depths of this poignant evaluation, we shall investigate the book is key harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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