



#### 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

**CO Houle**



## **Perfect Pullup Installation Manual:**

## Decoding **Perfect Pullup Installation Manual**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Perfect Pullup Installation Manual**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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