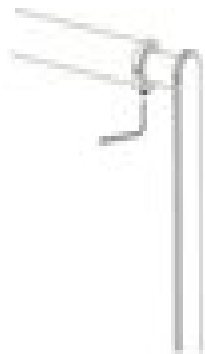




Step 4 | Install Swing Arms

- 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

Marcel A. Müller



Perfect Pullup Installation Manual:

Perfect Pullup Installation Manual Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Perfect Pullup Installation Manual**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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