

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 450°



UP

| Pointers |

DOWN

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



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 |

DOWN

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.



Standing Row



START

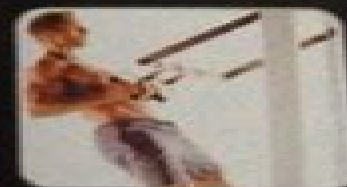
| Pointers |

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 |

DOWN

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.



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

Perfect Pullup Manual

Ian Pickup



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