

# 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

**M Lipman**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

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## **Table of Contents Perfect Pullup Manual**

1. Understanding the eBook Perfect Pullup Manual
  - The Rise of Digital Reading Perfect Pullup Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Perfect Pullup 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 Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Perfect Pullup Manual
  - Personalized Recommendations
  - Perfect Pullup Manual User Reviews and Ratings
  - Perfect Pullup Manual and Bestseller Lists
5. Accessing Perfect Pullup Manual Free and Paid eBooks
  - Perfect Pullup Manual Public Domain eBooks
  - Perfect Pullup Manual eBook Subscription Services
  - Perfect Pullup Manual Budget-Friendly Options
6. Navigating Perfect Pullup Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Perfect Pullup Manual Compatibility with Devices
  - Perfect Pullup Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Perfect Pullup Manual
  - Highlighting and Note-Taking Perfect Pullup Manual
  - Interactive Elements Perfect Pullup Manual
8. Staying Engaged with Perfect Pullup Manual

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Perfect Pullup Manual
- 9. Balancing eBooks and Physical Books Perfect Pullup Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Perfect Pullup Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Perfect Pullup Manual
  - Setting Reading Goals Perfect Pullup Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Perfect Pullup Manual
  - Fact-Checking eBook Content of Perfect Pullup 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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