

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 align with 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

Clifford Lane



Perfect Pullup Manual:

This book delves into Perfect Pullup Manual. Perfect Pullup Manual is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Perfect Pullup Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Perfect Pullup Manual
- Chapter 2: Essential Elements of Perfect Pullup Manual
- Chapter 3: Perfect Pullup Manual in Everyday Life
- Chapter 4: Perfect Pullup Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Perfect Pullup Manual. This chapter will explore what Perfect Pullup Manual is, why Perfect Pullup Manual is vital, and how to effectively learn about Perfect Pullup Manual.
3. In chapter 2, this book will delve into the foundational concepts of Perfect Pullup Manual. This chapter will elucidate the essential principles that need to be understood to grasp Perfect Pullup Manual in its entirety.
4. In chapter 3, the author will examine the practical applications of Perfect Pullup Manual in daily life. This chapter will showcase real-world examples of how Perfect Pullup Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Perfect Pullup Manual in specific contexts. This chapter will explore how Perfect Pullup Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Perfect Pullup Manual. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Pullup Manual.

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