

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

Puja Mehta



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web with a strong acid and strong base titration strong acids and strong bases refer to species that completely dissociate to form ions in solution by contrast weak acids and bases ionize only partially and the ionization reaction is reversible

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web by utilizing the half equivalence point on the titration curve the pka of the acid analyte was determined to be 3.655 furthermore using the stoichiometric ratio between the naoh and the acid analyte 1:1 we could experimentally determine the number of moles of the acid in the solution to be 0.00731 moles making the experimental molar mass

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web goals understand that parts of an acid base titration be able to determine the K_a or K_b from pH data associated with the titration of a weak acid or base be able to determine the molar mass of a solid monoprotic acid from titration data be able to calculate K_{a1} and K_{a2} for a polyprotic acid by the end of this lab students should be able to

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web titration experiment in the neutralization of hydrochloric acid by sodium hydroxide the mole ratio of acid to base is 1 1
 $\text{HCl(aq)} + \text{NaOH(aq)} \rightarrow \text{NaCl(aq)} + \text{H}_2\text{O(l)}$
 one mole of HCl would be fully neutralized by one mole of NaOH

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web conclusion the identification of an unknown solid acid the purpose of this experiment was to determine the standardization of sodium hydroxide NaOH and oxalic acid $\text{H}_2\text{C}_2\text{O}_4 \cdot 2\text{H}_2\text{O}$ and the molar mass of an unknown solid acid using the molar mass of the standardized sodium hydroxide solution

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web specifically an acid base titration can be used to figure out the concentration of an acid or base whether an unknown acid or base is strong or weak pK_a of an unknown acid or pK_b of the unknown base key terms titration a process where a solution of known strength is added to a certain volume of a treated sample containing an

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web conclusion this lab evaluated an acid base reaction with the volumetric analysis of a standard solution being NaOH reaction with a 2nd substance $\text{H}_2\text{C}_2\text{O}_4 + 2\text{NaOH(aq)} \rightarrow \text{Na}_2\text{C}_2\text{O}_4 + 2\text{H}_2\text{O}$ to differentiate an acid from a base in a solution a pH scale is used the pH scale ranges from 0 to 14 a pH of 7 is neutral in an acid base reaction

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web this point of titration is referred to as the equivalence point considering the 1:1 stoichiometry of this acid base reaction $\text{NaOH} + \text{C}_6\text{H}_4\text{COOH} \rightarrow \text{C}_6\text{H}_4\text{COONa} + \text{H}_2\text{O}$ the point of equivalence is the point of titration when the number of moles of NaOH added is equal to the number of moles of KHP in the

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