

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

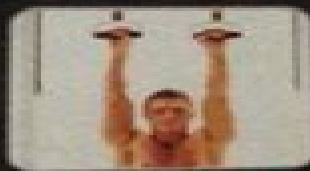
ROTATE 90°



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

Peipei Pang



Perfect Pullup Manual:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Perfect Pullup Manual**

In a world inundated with displays and the cacophony of quick conversation, the profound power and mental resonance of verbal beauty frequently fade into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, nestled within the musical pages of **Perfect Pullup Manual**, a fascinating perform of literary splendor that impulses with fresh emotions, lies an unforgettable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this mesmerizing opus manuals readers on an emotional odyssey, softly revealing the latent possible and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main themes, dissect its interesting publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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