



Step 4 | Install Swing Arms

- Insert the two Swing Arm tubes into the Pullup Tube
- To install the Swing Arms on the Side Pivots, line up the large hole in the Swing Arm with the chrome head of the Side Pivot. It's easier to attach the Swing Arm if it comes up from below as shown in the photo.



Step 5 | Tighten the Pullup Tube

- Rotate the Swing Arms up and hook into the J-Brackets
- Center the Pullup tube and tighten the 2 black hex screws with the hex wrench provided. The chrome screws do not need tightening.

Get Ripped!

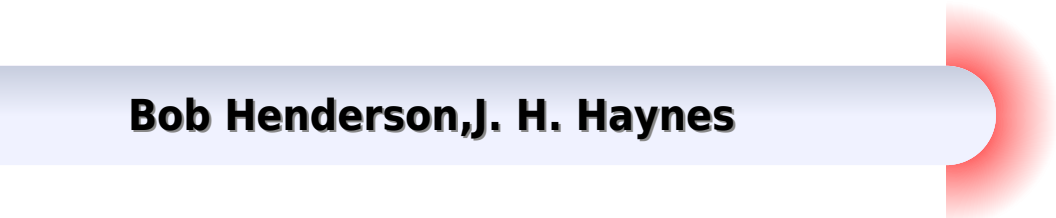


Step 6 | Test and Get Fired Up for your first workout!

- Test the installation by gradually putting your full weight on the bar
- Rotate the Swing Arms and check that the Side Pivots
- Check that the door frame is sound
- If the Perfect Pullup does not feel stable or if the mounts are loose, do not use the equipment. You may want to try installing in a different doorway. Call Customer Service for assistance.

Perfect Pullup Installation Manual

Bob Henderson, J. H. Haynes



Perfect Pullup Installation Manual:

Enjoying the Track of Appearance: An Psychological Symphony within **Perfect Pullup Installation Manual**

In a global eaten by monitors and the ceaseless chatter of fast connection, the melodic beauty and emotional symphony developed by the prepared term frequently diminish into the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. But, nestled within the pages of **Perfect Pullup Installation Manual** an enchanting fictional value brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this interesting masterpiece conducts viewers on a mental journey, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this poignant analysis, we shall examine the book is central harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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