

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 |

DOWN

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.



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 |

DOWN

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.



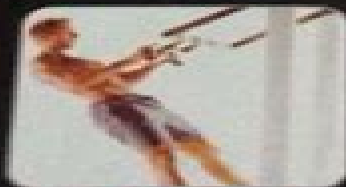
Standing Row



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 |

DOWN

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.



Flip over for our exclusive Turn On Your Strength™ Three Week Workouts, Schedule and Checklist.

Perfect Pullup Manual

J Dewey



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even today the ryū retains the traditionally strict custom in which a candidate for study in the ryū is required to execute the keppan signing in the person s own blood a solemn oath to abide by the policies of the ryū

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katori shinto ryu a martial tradition this art is one of the oldest japanese martial arts founded in 1447 it is an intangible cultural asset and is an officially recognised ryu of the nihon kobudo shinkokai classical martial arts promotion association it has been the source for and has influenced the development of many other arts and sports such as kendo iaido jujutsu and

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the tenshin shōden katori shintō ryū is a comprehensive martial system this means that unlike modern martial ways such as kendo or iaido which concentrate on one specific area study is made of a broad range of martial and outdoor skills

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the main line of tenshin shōden katori shintō ryū is currently represented by the kyōsō shibu led by kyōsō shigetoshi 6 Ōtake risuke s younger son the honbu dojo is located at iizasa yasusada s home near the katori shrine and is used by branches in

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la fondation de la tradition katori shintō ryū repose sur une révélation celle de futsu nushi no kami 天沼矛 reçue par le fondateur lors d'une ascèse de mille jours sen nichigyo misogi dans le sanctuaire du katori jingū d'où le nom de l'école qui

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