

# 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 stay above 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

**Edwin A. Fleishman**



## **Perfect Pullup Manual:**

## Decoding **Perfect Pullup Manual**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Perfect Pullup Manual**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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