



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

Mike Jess



Perfect Pullup Installation Manual:

The book delves into Perfect Pullup Installation Manual. Perfect Pullup Installation Manual is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Perfect Pullup Installation Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Perfect Pullup Installation Manual
 - Chapter 2: Essential Elements of Perfect Pullup Installation Manual
 - Chapter 3: Perfect Pullup Installation Manual in Everyday Life
 - Chapter 4: Perfect Pullup Installation Manual in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Perfect Pullup Installation Manual. This chapter will explore what Perfect Pullup Installation Manual is, why Perfect Pullup Installation Manual is vital, and how to effectively learn about Perfect Pullup Installation Manual.
 3. In chapter 2, the author will delve into the foundational concepts of Perfect Pullup Installation Manual. This chapter will elucidate the essential principles that need to be understood to grasp Perfect Pullup Installation Manual in its entirety.
 4. In chapter 3, this book will examine the practical applications of Perfect Pullup Installation Manual in daily life. This chapter will showcase real-world examples of how Perfect Pullup Installation Manual can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Perfect Pullup Installation Manual in specific contexts. The fourth chapter will explore how Perfect Pullup Installation Manual is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Perfect Pullup Installation Manual. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Pullup Installation Manual.

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