

# 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

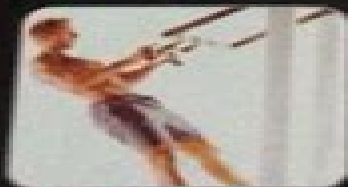
## Standing Row



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

**Rahul Mookerjee**



## **Perfect Pullup Manual:**

## The Enigmatic Realm of **Perfect Pullup Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Perfect Pullup Manual** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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