

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

Katrin Zwirgmaier

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Perfect Pullup Manual:

Adopting the Song of Appearance: An Psychological Symphony within **Perfect Pullup Manual**

In some sort of eaten by displays and the ceaseless chatter of fast communication, the melodic splendor and psychological symphony produced by the prepared word frequently disappear in to the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. However, located within the pages of **Perfect Pullup Manual** a wonderful fictional prize brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that charming masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden melodies and profound influence resonating within each carefully crafted phrase. Within the depths of the poignant examination, we will discover the book is key harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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