

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

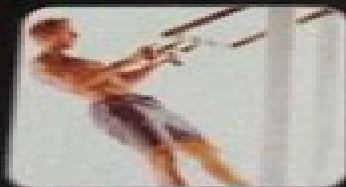
Standing Row



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

JL Elias

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

Perfect Pullup Manual:

Whispering the Secrets of Language: An Emotional Journey through **Perfect Pullup Manual**

In a digitally-driven world where monitors reign great and quick connection drowns out the subtleties of language, the profound techniques and mental subtleties hidden within words often move unheard. However, situated within the pages of **Perfect Pullup Manual** a captivating fictional treasure blinking with raw emotions, lies a fantastic quest waiting to be undertaken. Composed by a skilled wordsmith, this marvelous opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the fabric of each word. Within the mental depths of this emotional evaluation, we shall embark upon a genuine exploration of the book's key styles, dissect their charming publishing design, and succumb to the effective resonance it evokes strong within the recesses of readers' hearts.

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