

# 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 450°



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

**Albert A Gayle**



## **Perfect Pullup Manual:**

## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Perfect Pullup Manual**

In a global inundated with monitors and the cacophony of fast conversation, the profound energy and emotional resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, set within the musical pages of **Perfect Pullup Manual**, a fascinating function of fictional splendor that impulses with organic thoughts, lies an unforgettable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, that exciting opus instructions viewers on a psychological odyssey, delicately revealing the latent possible and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is main themes, dissect its fascinating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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