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Perfect Pullup Installation Manual

The Perfect Pullup's revolutionary patented swing arm can be adjusted for all fitness levels and can even be used to perform a variety of pull-up variations, tricep presses, lunges, and more. Targeting muscles in the arms, chest, core, and back, you'll experience a total body workout in the comfort of your home.

Perfect Pullup - Perfect Fitness

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Perfect's doorway pull-up bar is subtle, leaving the door fully functional once installed. Ideal for every fitness level, the bar can be used in a variety of ways to target different areas of the body. Multi-functional Pull-up Bar The collection of Pull products features Perfect Multi-Gym systems and a traditional pull-up bar.

Perfect Pull | Perfect Fitness

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I installed a Perfect Pullup bar in my house, and thought it was worth documenting, in case anyone else is trying to install one. It was a fast and easy inst...

Installing the Perfect Pullup Bar - YouTube

Perfect Fitness Founder and former U.S. Navy SEAL IMPORTANT: This Owner's Manual is the authoritative source of information about your Perfect Multi-Gym®. Please read it carefully and follow all the instructions.

MULTI-GYM

Installation of Perfect Pullup

Perfect Pullup Installation - YouTube

Traditional pull-ups are hard, but the Perfect Pullup Bar's revolutionary patented swing arm brings the bar down to any fitness level, making it possible for almost anyone to do a pull-up. The pull-up is a strength-building dynamo.

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One of their most popular products is the Sunny Health & Fitness Door Way Chin Up Bar.

perfect pull up bar manual - tigersfarmtalk.com

LEVEL 10 LEVEL 9 LEVEL 8 LEVEL 7
LEVEL 6 LEVEL 5 LEVEL 4 LEVEL 1 10
pullups > 20 pushups > 30 situps 9
pullups > 18 pushups > 27 situps 8
pullups > 16 pushups > 24 situps 7
pullups > 14 pushups > 21 situps 6
pullups > 12 pushups > 18 situps 5
pullups > 10 pushups > 15 situps 4
pullups > 8 pushups > 12 situps 1 pullup
> 2 pushups > 3 situps 3 pullups > 6
pushups > 9 situps 2 pullups > 4
pushups ...

PERFECT MULTI-GYM MOVEMENTS

Traditional pull-ups are hard, but the Perfect Pullup Bar's revolutionary patented swing arm brings the bar down to any fitness level, making it possible for almost anyone to do a pull-up. July 8, 2008 Ideal for every fitness level, the

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bar can be used in a variety of ways to target different areas of the body.

perfect pull up bar manual - misscampos.com

Traditional pull-ups are hard, but the Perfect Pullup Bar's revolutionary patented swing arm brings the bar down to any fitness level, making it possible for almost anyone to do a pull-up. The Perfect Pullup helps build upper body strength with an adjustable swing arm that progresses to traditional pull-ups by starting with standing rows and Australian pull-ups.

Perfect Basic Pullup, Pull Up Progression Bar - Walmart ...

Page 17: The Perfect Multi-Gym ® Pro System ® help you strengthen and tone the muscles of your upper body and core, which includes the abdominal muscles, lower back and hips. We recommend that you do the Perfect Multi-Gym Pro workout 3 times a week. Allow 24 - 48 hours of rest for muscle groups

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