

## WORKOUTS

### INSTRUCTIONS

1. Determine your 1 Set Max and create a personalized workout - see "Customize Your Workout" below
2. Review the Checklist before each workout for proper form and breathing
3. Follow the Schedule to Get Ripped!

## Customize Your Workout

**Create a customized workout with this chart |** Start with a simple test - using your Perfect Pullup, perform as many Regular Pullups as you can (using good form) without stopping. This is called a **1 Set Max**. Find the number closest to your **1 Set Max** on the left column of the ROUTINE grid at the bottom of the page. If your Max is 5 for example, use the 5 row for your custom workout. If it's 12, be honest with yourself and go up or down depending on how well you stayed in good form doing your Max.

### The Pullup Perfected

Traditional pullups can be intimidating. That's why we created the Perfect Pullup. With its unique adjustable Swing Arm, now anyone can do a pullup and benefit from this great upper body and core exercise. The Perfect Pullup adjusts to your fitness level: **Standing Row** (beginner), **Australian Pullup** (intermediate), and **Regular Pullup** (advanced). You will surprise yourself by how quickly you progress.

**Workout Routine |** You'll perform US Navy SEAL style workouts using the Perfect Pullup, so get fired up! Start with Regular Pullups. Look up your Max on the Routine Chart. If you have a Max of 5 your workout is [5, 3, 2] Regular Pullups, [8, 5, 2] Australian pullups and [10, 6, 4] Standing Row Pullups. This means you perform 5 Regular Pullups, then rest, perform 3, rest, and finish with 2. At your own pace throughout the day, complete the Australian and Standing Row pullups.

## Schedule

<b>DAY 1</b> Test Your MAX 1 Australian 1 Standing Row	<b>DAY 2</b> OFF	<b>DAY 3</b> 1 Full Pullup 1 Australian 1 Standing Row	<b>DAY 4</b> OFF	<b>DAY 5</b> 1 Full Pullup 1 Australian 1 Standing Row	<b>DAY 6</b> OFF	<b>DAY 7</b> 1 Full Pullup 1 Australian 1 Standing Row
<b>DAY 8</b> OFF	<b>DAY 9</b> 1 Regular Pullup 1 Australian 2 Standing Row	<b>DAY 10</b> OFF	<b>DAY 11</b> 1 Full Pullup 1 Australian 2 Standing Row	<b>DAY 12</b> OFF	<b>DAY 13</b> 1 Full Pullup 2 Australian 2 Standing Row	<b>DAY 14</b> OFF
<b>DAY 15</b> 1 Full Pullup 2 Australian 2 Standing Row	<b>DAY 16</b> OFF	<b>DAY 17</b> 2 Full Pullup 1 Australian 2 Standing Row	<b>DAY 18</b> OFF	<b>DAY 19</b> 1 Regular Pullup 1 Australian 2 Standing Row	<b>DAY 20</b> OFF	<b>DAY 21</b> Retest Your 1 Set Max

## Routine - 2 Minute Drills

MAX	FULL PULLUP	AUSTRALIAN	STANDING ROW
0	0	1, 1, 1	2, 2, 2
1	1, 1, 1	2, 2, 2	4, 4, 4
3	3, 2, 1	3, 3, 3	5, 5, 5
5	5, 3, 2	8, 5, 2	10, 6, 4
10	10, 6, 4	15, 10, 8	20, 12, 8
15	15, 10, 5	20, 15, 10	25, 20, 15
20	20, 12, 8	25, 20, 15	35, 25, 20
25+	50 in 3 sets	75	100*

To set your max, see instructions in "Customize Your Workout" at the top of this page

\* If 2 minutes is not sufficient to complete the specified reps, take time needed

## Checklist

<input checked="" type="checkbox"/>	<b>Head</b>	Neutral position - ears in line with shoulders and spine
<input checked="" type="checkbox"/>	<b>Back</b>	Straight, in line with neck and hips
<input checked="" type="checkbox"/>	<b>Abs</b>	Contract abs - pull navel toward spine
<input checked="" type="checkbox"/>	<b>Legs</b>	Full Pullup: legs bent as necessary Australian/Standing: straight legs, hip width apart
<input checked="" type="checkbox"/>	<b>Pace</b>	1 count - 1 count
	<b>Breathing</b>	We all know it's important, here's how to do it right: get into a rhythm of exhaling on the way up, inhaling on the way down.

## ⚠ WARNING

Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment, please check it for worn or damaged parts. If wear or damage is found, stop using the equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use this equipment if you weigh more than 220 lbs/ 100kg. If using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Perfect Fitness products you can visit our website [www.perfectonline.com](http://www.perfectonline.com) for more information.

## Standing Row - BEGINNER

This is an excellent alternative for those who have never been able to do a full pullup. You can use this move to build up your strength to do Australian or Regular Pullups.

### Setup

- Lift pullup bar up and out of j-hook and bring bar halfway down.
- Anchor feet against door frame.
- Grasp pullup bar just wider than shoulder width apart, palms facing down.
- Extend arms so body hangs out at an angle as shown.

### Movement

- Pull from your back, handles are in line with chest, elbows close to body
- Maintain plank position throughout exercise, keep abs tight
- Elbows stay straight back as you rotate outward to down position
- Inhale as you come down



**TIP**  
Keep shoulders, hips, and legs in alignment throughout movement.

**Modifications:** to decrease the intensity, stand up straighter; to intensify, walk feet further through doorway.

## Australian Pullup - INTERMEDIATE

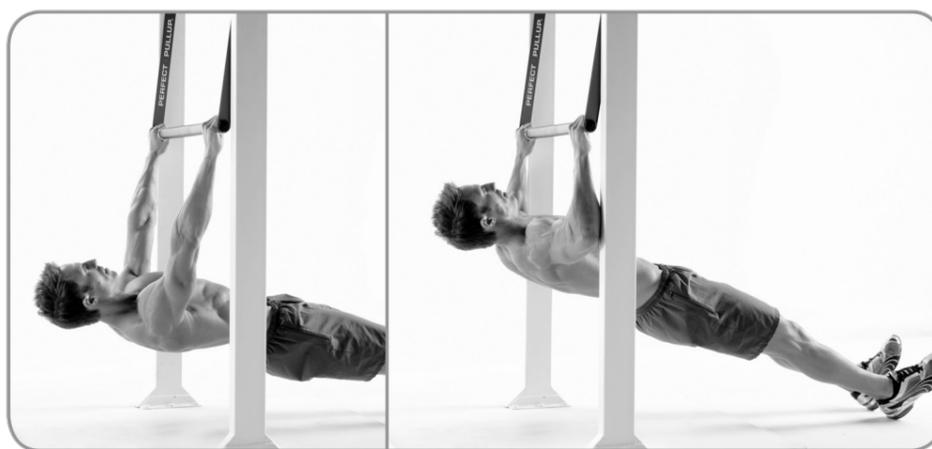
Good alternative to standard pullup, for those who are not able to complete one full pullup.

### Setup

- Lift pullup bar up and out of j-hook and bring bar all the way down so it is hanging in doorway.
- Grasp pullup bar just wider than shoulder width apart, palms facing away from body.
- Extend arms so body hangs below bar.

### Movement

- Exhale and pull body up so chest reaches bar.
- Hold at the top for one count then slowly return to start position, inhaling as you lower down.



**TIP**  
Body should maintain a reverse plank position, with shoulders, hips, and legs in alignment.

## Regular Pullup - ADVANCED

Builds upper body and core strength, particularly in back and biceps.

### Setup

- Grasp pullup bar just wider than shoulder width apart, palms facing out.
- Draw navel in to activate core.

### Movement

- Slowly and with control, exhale and pull body up until chin reaches bar.
- Hold at top of movement for one count, then inhale while returning to start position.

**TIP**  
Keep head in neutral position with ears above shoulders throughout movement.



## Negative Pullup - MODIFICATION

This is an excellent modification if you are not able to perform a regular pullup.

### Setup

- Set chair or other sturdy object next to bar.
- Stand on object to get body into up position (chin above pullup bar), placing hands just wider than shoulder width apart on bar and palms facing out.

**TIP** - Keep head in neutral position with ears above shoulders throughout movement.

### Movement

- Lower body down slowly over five-second count.
- Once at the bottom of movement (arms extended) use object to return to up position.
- Repeat.

## ⚠ WARNING

Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment, please check it for worn or damaged parts. If wear or damage is found, stop using the equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use this equipment if you weigh more than 220 lbs/ 100kg. If using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Perfect Fitness products you can visit our website [www.perfectonline.com](http://www.perfectonline.com) for more information.