

# Perfect® PULLUP ASSIST



**GET STRONGER  
MAXIMIZE YOUR  
PULLUP WORKOUT**

**GET THE V CUT**  
Increase pullup sets  
for better results

**ADJUSTABLE ASSISTANCE**  
Provides up to 125lbs of peak assistance

**IMPROVE YOUR FORM**  
Removeable assistance bands allow you to  
focus on technique and proper form

**VERSATILE**  
Attach to any pullup bar

## ⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE USER GUIDE AND ON THIS WORKOUT CHART MAY RESULT IN SERIOUS INJURY OR DEATH. TUBING CONTAINS NATURAL RUBBER LATEX.

Refer to your User Guide for additional safety information.

Consult your physician before starting this or any other exercise program. Fitness training can result in serious injury or death. Risk of injury can be lessened when safe techniques and common sense are practiced. Before beginning your first workout, become familiar with the Perfect Pullup® Assist and review all exercise guidelines prior to using the equipment. If you have any questions consult your physician.

Tubing in the Perfect Pullup® Assist contains natural rubber latex which may cause allergic reactions, such as mild itching, skin redness or hives. The allergic reactions may also be life threatening, such as anaphylactic shock, which can cause a drop in blood pressure, difficulty breathing, blueness of your skin, or even loss of consciousness. Seek medical attention immediately if you think you are experiencing any reaction to the latex.

Because the bands in the Perfect Pullup® Assist have elastic properties, the bands may snap toward you if they break during use or are released while under stress. This can result in serious injury to your eyes and other body parts. Therefore, it is extremely important that you inspect the bands on the Perfect Pullup® Assist before each use. Closely examine the bands for nicks, tears, punctures and other flaws. If you find any flaws, do not use the product. It is also extremely important that you use smooth, controlled movements and never release the product while it is under stress.

Make sure foot is placed with the foot stirrup under the arch of the foot and not on the ball or the heel of the foot. It's important to place only one foot in the stirrup at a time and that the stirrup is secure and will not slip off your foot and snap toward you.

**DO NOT USE** if you weigh more than 220 lbs/100kg.

## GETTING STARTED

Now, almost anyone can do a full body pullup with the help of the Perfect Pullup Assist. Pullups are hard, and even the strongest person can struggle reaching set goals in good form. The Perfect Pullup Assist helps maximize your pullup workout by counter balancing your bodyweight and allowing you to concentrate on form. You can increase the number of pullup sets and work up to performing more unassisted pullups and chin ups.

Before you begin using the Perfect Pullup® Assist, make sure all bands are securely fastened. Check bands each time for wear marks. Do not use the bands if they show any signs of wear.

### STEP 1 - BEGIN WITH 3 BANDS

First time users should always start with all 3 Bands. As your workouts progress, to add intensity remove the center band.

### STEP 2 - ATTACHING THE PULLUP ASSIST

a) Place end of strap over the pullup bar and snap into place. Make sure the pullup bar is within standing reach.

b) Release the cam buckle and feed the end of the strap through to the selected height. Tighten the cam buckle. **IMPORTANT: To avoid overstretching bands and possible injury, make sure the cam buckle is locked and the foot stirrup is no more than 3 feet from the ground.**

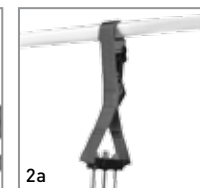
### LEVELS OF ASSISTANCE

*Starting Out: 3 Bands = approximately 50 lbs of assistance*

*Add Intensity: 2 Bands = approximately 32 lbs of assistance*



1



2a



2b

# Perfect® PULLUP ASSIST

## REGULAR POSITION PULLUP/CHIN-UP

### SET UP

Place one foot squarely in stirrup (stirrup should be in middle of foot's arch) and adjust stirrup height to where thigh is parallel to floor. Stirrup should be no higher than 3 feet from the ground. Grab bar in either pull up grip (hands facing away) or chin up grip (hands facing toward you). Ensure hands are no more than one hand width wider than shoulders.

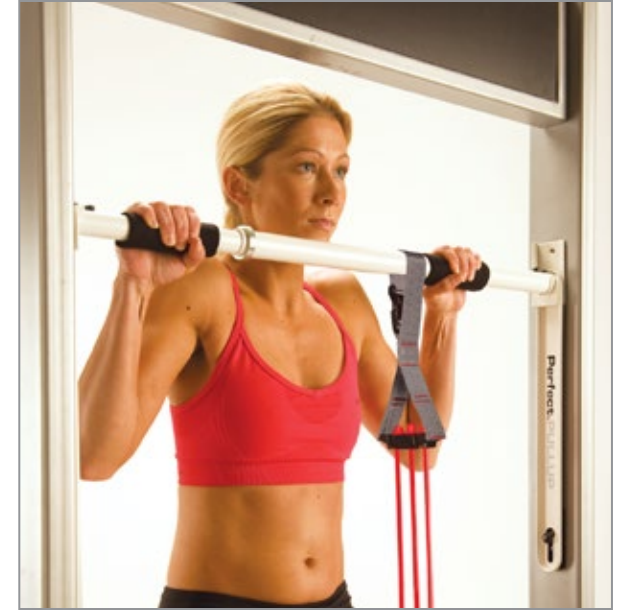
### MOVEMENT

With foot in stirrup, slowly press stirrup down to floor and allow other leg to hang

comfortably alongside stirrup. Keep legs and body straight while pulling chin over bar. Control pace both up and down allowing back muscles and arms to absorb bodyweight.

### TIP

It's about the quality of the repetition NOT the quantity. Keep leg that is in stirrup straight which allows for maximum assistance.



## WIDE POSITION PULLUP

### SET UP

Place one foot squarely in stirrup (stirrup should be in middle of foot's arch) and adjust stirrup height to where thigh is parallel to floor. Stirrup should be no higher than 3 feet from the ground. Grab bar with hands facing away and no more than two hand width's wider than shoulders.

### MOVEMENT

With foot in stirrup, slowly press stirrup down to floor and allow other leg to hang comfortably alongside stirrup. Keep legs

and body straight while pulling chin over bar. Control pace both up and down allowing back muscles and arms to absorb bodyweight.

### TIP

It's about the quality of the repetition NOT the quantity. Keep leg that is in stirrup straight which allows for maximum assistance.



Perfect. FITNESS® develops innovative fitness solutions that maximize muscle engagement and biomechanical efficiency. Our products use simple, natural movements and back-to-basics principles to enable almost anyone to unlock their body's potential.

Visit [www.PerfectOnline.com](http://www.PerfectOnline.com) to learn more.

# Perfect® PULLUP ASSIST

## MAXIMIZE YOUR PULLUP WORKOUT

The workout outlined is a Navy SEAL inspired 21-day workout to help you get stronger and increase the number of sets and unassisted pullups you can perform. The Pullup Assist will help you to focus on technique and good form.

### PULLUP ASSIST WORKOUT CHECKLIST

<b>HEAD</b>	Neutral position – ears in-line with shoulders and spine
<b>BACK</b>	Straight, in-line with neck and hips
<b>CORE</b>	Contract abs – pull navel toward spine
<b>LEGS</b>	Position stirrup in center of one foot - keep leg straight and use other leg for balance
<b>PACE</b>	1 second up and 5 seconds down
<b>BREATHING</b>	Exhale on way up, inhale on way down

## CUSTOMIZE YOUR WORKOUT

- Step 1** Using your pullup bar, perform as many standard pullups as you can using good form and without stopping (Note: this is without the help of the Pullup Assist). This number is your 1 Set Max.
- Step 2** On the chart below find the number closest to your 1 Set Max and use that row to determine the number of repetitions (or reps) for your workout. Round up or down depending on how well you maintained perfect form doing your 1 Set Max. For example, if your Max is 6, use the 5 row. If it's 18 then use the 20 row.
- Step 3** Each workout day you will start with standard pullups (without the help of the Pullup Assist) and then move to the assisted pullups. If your 1 Set Max is 5 then your Pullup workout is "5,3,2" this means you perform 5 pullups, rest, perform 3, rest and finish with 2. Next you move on to the Pullup Assist workout of "10,5,3". This means you perform 10 assisted pullups, rest, perform 5 assisted pullups, rest and finish with 3.
- Step 4** Retest your 1 Set Max after every 21 day cycle and watch as you move up the chart.

### TEST YOUR 1-SET MAX

1 SET MAX	# OF REPS DOING PULLUPS	# OF REPS USING PULLUP ASSIST
0	0	3,2,1
1	1,1,1	3,2,1
3	3,2,1	6,4,2
5	5,3,2	10,5,3
10	10,6,4	14,7,4
15	15,10,5	18,9,5
20	20,12,8	20,10,5
25+	50 in 3 sets	25,12,6

## WORKOUT CHART

<b>DAY 1</b> Test your Set Max 1 Standard Pullup 1 Assisted Pullup	<b>DAY 2</b> OFF	<b>DAY 3</b> 1 Standard Pullup 1 Assisted Pullup	<b>DAY 4</b> OFF	<b>DAY 5</b> 1 Standard Pullup 1 Assisted Pullup	<b>DAY 6</b> OFF	<b>DAY 7</b> 1 Standard Pullup 1 Assisted Pullup
<b>DAY 8</b> OFF	<b>DAY 9</b> 1 Standard Pullup 2 Assisted Pullup	<b>DAY 10</b> OFF	<b>DAY 11</b> 1 Standard Pullup 2 Assisted Pullup	<b>DAY 12</b> OFF	<b>DAY 13</b> 2 Standard Pullup 2 Assisted Pullup	<b>DAY 14</b> OFF
<b>DAY 15</b> 2 Standard Pullup 2 Assisted Pullup	<b>DAY 16</b> OFF	<b>DAY 17</b> 2 Standard Pullup 2 Assisted Pullup	<b>DAY 18</b> OFF	<b>DAY 19</b> 2 Standard Pullup 2 Assisted Pullup	<b>DAY 20</b> OFF	<b>DAY 21</b> Re-Test your 1 Set Max