



Step 4 | Install Swing Arms

- Insert the two Swing Arm tubes into the Pullup Tube
- To install the Swing Arms on the Side Pivots, line up the large hole in the Swing Arm with the chrome head of the Side Pivot. It's easier to attach the Swing Arm if it comes up from below as shown in the photo.



Step 5 | Tighten the Pullup Tube

- Rotate the Swing Arms up and hook into the J-Brackets
- Center the Pullup tube and tighten the 2 black hex screws with the hex wrench provided. The chrome screws do not need tightening.

Get Ripped!



Step 6 | Test and Get Fired Up for your first workout!

- Test the installation by gradually putting your full weight on the bar
- Rotate the Swing Arms and check that the Side Pivots
- Check that the door frame is sound
- If the Perfect Pullup does not feel stable or if the mounts are loose, do not use the equipment. You may want to try installing in a different doorway. Call Customer Service for assistance.

Perfect Pullup Installation Manual

John B. Wachtman



Perfect Pullup Installation Manual:

Technical Manual United States. War Department, Combined Operation and Maintenance Manual and Parts List United States. War Department, 1943 **Manual** United States. Navy Department. Bureau of Ships, 1940 **Manual of instruction in army signalling. [Continued as] Signalling instructions [afterw.] regulations. [Continued as] Training manual-signalling. [With] Amendments. [Continued as] Signal training. [With] Amendments** War office, 1927 **The Love Theorem** Camilla Isley, 2023-06-13 Are a rocket scientist and one of Hollywood's brightest stars a match made in heaven or is it a catastrophe headed for a crash landing Lana loves four things science her cats her friends and her books She's on her way to earning her professorship when she finds out her long term boyfriend has been sleeping with her best friend That discovery has her hiding in the broom closet at a posh hotel Only it turns out broom closets are the place to be these days Christian Slade America's sexiest man alive as voted by fans in a desperate attempt to escape the paparazzi finds himself in a broom closet with one sobbing occupant Unable to leave a damsel in distress he offers help only to realise she has no idea who he is It's like he's been given a gift A smart beautiful woman who isn't after him for fame and fortune Soon Christian is buying a Tesla to impress his scientist with his eco credentials and taking her on dates where no one will recognise him But as Christian falls in love he worries what will happen when Lana finds out who he is A STEMist romance with an unforgettable meet cute perfect for fans of Ali Hazelwood Please note that this title was originally published as To The Stars And Back What readers are saying about Camilla Isley A fun read filled with humor heart and love big enough to reach to the stars and back Recommended read for Contemporary Romance Chick Lit and Romantic Comedy fans Get ready to be starstruck Gina Satisfaction for Insatiable Readers It's not every day the female lead is revered more for her high intelligence than her beauty It was nice to see that dynamic between Lana and Christian following what the heart wants Sara Chick Lit Central I completely fell for Christian in this book and it's been ages since I last felt like this about a book boyfriend Rachel Rachel Random Reads I adored these characters Penned in my favorite dual POV the writing style was crisp and engaging yet also perceptive and loaded with wry wit and clever touches I zipped through their star crossed storylines HonoluluBelle Books Bindings Cute sweet and fun Zoe What's Better Than Books This book had me smiling away to myself It has the perfect mixture of sweet passion drama and courage Michelle Come Read With Me A fantastic romantic read that I devoured in one sitting Kay Coffee and Kindle Book Reviews An addictive page turner with an absolutely wonderful meet cute Julie Romantic Reads and Such You can definitely feel the chemistry between main characters They're so different but perfect for each other An adorable rom com that made me smile a lot San Behind the Sentence **53rd Porcelain Enamel Institute Technical Forum, Volume 13, Issue 5/6** John B. Wachtman, 2009-09-28 This volume is part of the Ceramic Engineering and Science Proceeding CESP series This series contains a collection of papers dealing with issues in both traditional ceramics i.e. glass whitewares refractories and porcelain enamel and advanced ceramics Topics covered in the

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