



Bullworker - 3 Exercise Chart

HOW TO GET THE MOST OUT OF YOUR BULLWORKER
 The Bullworker is a unique piece of fitness equipment that provides a full-body workout. To get the most out of your Bullworker, it's important to use it correctly. This chart provides a step-by-step guide to the most effective exercises for each major muscle group. Each exercise is illustrated with a photograph and a detailed description of the technique and benefits. Remember, consistency is key to seeing results. Use the Bullworker 3-4 times per week, following the recommended routine, and you'll be on your way to a stronger, more toned physique.

CHEST



1. The introductory exercise in your Bullworker routine is a chest exercise. Stand with your feet shoulder-width apart and hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



2. Again, after your chest and shoulder for the first few minutes, get a shoulder exercise. Stand with your feet shoulder-width apart and hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.

ARMS




3. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.




4. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



5. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



6. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.




7. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.

SHOULDER



8. In one of the most difficult exercises in the entire routine, it is a shoulder exercise. Stand with your feet shoulder-width apart and hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



9. Another difficult one, stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



10. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.

MID SECTION



11. This exercise is done in a standing position. Stand with your feet shoulder-width apart and hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



12. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



13. In a good side exercise, stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.




14. In a good side exercise, stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.


BACK



15. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



16. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



17. A good one to use about 10-15 times a week. Stand with your feet shoulder-width apart and hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.




18. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.




19. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.

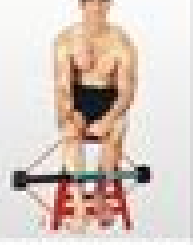
THIGHS & CALVES



20. This is a simple leg exercise and one of the easiest to do. Stand with your feet shoulder-width apart and hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



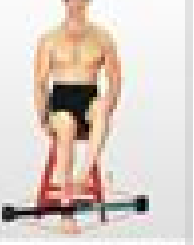
21. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



22. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



23. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.



24. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with your hands. Pull the handles towards your chest, squeezing your chest muscles together. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 15 seconds between sets.

Bullworker Exercise Guide

J Ma



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