

# Bullworker - 3 Exercise Chart

**HOW TO GET THE MOST OUT OF YOUR BULLWORKER**  
 The Bullworker is a unique fitness device that provides a full-body workout. To maximize its benefits, follow these guidelines:  
 1. Warm up before using the Bullworker.  
 2. Start with the lowest resistance level.  
 3. Perform exercises slowly and with control.  
 4. Breathe naturally throughout each exercise.  
 5. Stop if you feel any pain or discomfort.  
 6. Use the Bullworker for 10-15 minutes, 3-4 times per week.

**CHEST**



1. The introductory exercise is your Bullworker exercise. It is a standing chest exercise that uses the Bullworker to provide resistance. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



2. Again, after your chest and shoulders for the first few minutes, get a shoulder workout. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.

**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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.

**SHOULDER**



8. In a way of the most difficult exercise in the world, shoulder. It is a shoulder exercise that uses the Bullworker to provide resistance. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



9. Another difficult one, stand your 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.

**MID SECTION**



11. This exercise is done in a standing position. It is a standing exercise that uses the Bullworker to provide resistance. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



13. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



14. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.

**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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



16. Another exercise for the back, 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



17. A person to look about a 10-minute workout, 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.

**THIGHS & CALVES**



20. This is a standing exercise that uses the Bullworker to provide resistance. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



22. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



23. Again, after the first few minutes, 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.



24. 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, standing up to 10 minutes, 3-4 times per week.

# Bullworker Exercise Guide

**F Rizvi**



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