

# 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 a low resistance level and gradually increase it as you become more comfortable.  
 3. Perform each exercise slowly and with control, focusing on proper form.  
 4. Repeat each exercise for the recommended number of sets and repetitions.  
 5. Rest for 30 seconds between sets.  
 6. Use the Bullworker for 15-20 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 horizontally in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



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 horizontally in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.

**ARMS**



3. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



4. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



5. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



6. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



7. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.

**SHOULDER**



8. In a way of the most difficult exercise in the world, shoulder exercise. It is a shoulder exercise that uses the Bullworker to provide resistance. Stand with your feet shoulder-width apart and hold the Bullworker handles horizontally above your head. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



9. Another difficult one. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



10. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.

**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 horizontally in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



12. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



13. In a standing position, stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



14. In a standing position, stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.

**BACK**



15. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



16. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



17. In a standing position, stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



18. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



19. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.

**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 horizontally in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



21. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



22. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



23. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.



24. Stand with the Bullworker vertically in front of your chest. Hold the handles vertically in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 15 seconds, standing up.

# Bullworker Exercise Guide

**Lei Huang**



## **Bullworker Exercise Guide:**

*The Bullworker Bible* Brian Sterling-Vete, Helen Renee, 2017-07-10 *The Bullworker Bible* TM is the definitive resource guide for all Bullworker R users and it is the companion book for *The Bullworker 90* TM Course *The Bullworker Bible* TM is the complete science based user friendly guide of how the Bullworker should be used properly to deliver maximum results It also shows you how to effectively use the Bow Extension R and the Steel Bow R It gives you all the information that you always wanted to know but the simple wall charts and very basic instruction manuals didn't How Repetition Compression Speed Control is Essential Correct Breathing Techniques Hooke's Law of Physics and *The Bullworker* TM Correct Biomechanics for Best Results *The Bullworker Bible* TM is also the essential guide for all users of the Bullworker X5 Bully Extreme ISO 7x and the Bullworker X7 Brian Sterling Vete is an internationally acclaimed exercise scientist and martial arts lifetime achievement award winner who is also a 45 year Bullworker R user He used the Bullworker R to coach his friend and 4 times World's Strongest Man Jon Pall Sigmarsson of Iceland [TV Guide](#), 1979 [The Bullworker Compendium](#) Brian Sterling-Vete, Helen Wuorio, 2018-05-03 At between 575 and 590 pages long *The Bullworker Compendium* TM is the combination of both *The Bullworker Bible* TM and *The Bullworker 90* TM Course in a single huge book To save printing costs the only thing we've eliminated are duplicated sections everything else remains the same This way we're able to offer both books in one for less than the combined price of the two other books *The Bullworker Compendium* TM starts with *The Bullworker Bible* TM and at the end of that it progresses seamlessly into *The Bullworker 90* TM Course *The Bullworker Bible* TM is the definitive resource guide for all Bullworker R users and it is the companion book for *The Bullworker 90* TM Course *The Bullworker Bible* TM is the complete science based user friendly guide of how the Bullworker should be used properly to deliver maximum results It also shows you how to effectively use the Bow Extension R and the Steel Bow R It gives you all the information that you always wanted to know but the simple wall charts and very basic instruction manuals didn't How Repetition Compression Speed Control is Essential Correct Breathing Techniques Hooke's Law of Physics and *The Bullworker* TM Correct Biomechanics for Best Results *The Bullworker Bible* TM is also the essential guide for all users of the Bullworker X5 Bully Extreme ISO 7x and the Bullworker X7 *The Bullworker 90* TM Course is the essential 90 day 12 week course for all Bullworker R users and it is the companion book to *The Bullworker Bible* TM *The Bullworker 90* TM Course is approved by the makers and distributors of *The Bullworker* at Bullworker.com *The Bullworker 90* TM is a 400 page science based user friendly step by step course designed to increase strength fitness grow muscle body build and increase power over a 90 day 12 week period *The Bullworker 90* TM Course is a detailed exercise plan which progressively increases in intensity as the days and weeks progress New exercises are added almost every week with complete routine changes every two weeks Each week has a detailed note section together with suggestions about exercise days and rest times etc so that you know exactly what to do and when to do it Step by step week by week instruction Progressively increasing intensity over

90 days Routine changes every two weeks Isotonic and Isometric exercise combinations Multi angle isometric exercise combinations The Bullworker 90 TM Course is designed by the authors of The Bullworker Bible TM and can be used with the Bullworker R Classic the Steel Bow R the Bullworker X5 the Bully Extreme the ISO 7x and the Bullworker X7 The Bullworker 90 TM Course also contains alternative extra exercises which incorporate the use of the Iso Bow R and the Bow Extension R that can be used with all Bullworker type exercisers to increase the range and effectiveness of the device The primary author Brian Sterling Vete is an internationally acclaimed exercise scientist and martial arts lifetime achievement award winner who is also a 45 year Bullworker R user He used the Bullworker R to coach his friend and 4 times World s Strongest Man Jon Pall Sigmarsson of Iceland Required Equipment A Bullworker R Classic or a similar device Recommended Additional Equipment Steel Bow R Bow Extension R kit 2 x Iso Bows R

**Fighting Fat** Wendy Mitchinson,2018-10-11 While the statistics for obesity have been alarming in the twenty first century concern about fatness has a history In Fighting Fat Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada Through the context of body medicine weight measurement food studies fat studies and the identity of those who were fat Mitchinson examines the attitudes and practices of medical practitioners nutritionists educators and those who see themselves as fat Fighting Fat analyzes a number of sources to expose our culture s obsession with body image Mitchinson looks at medical journals both their articles and the advertisements for drugs for obesity as well as magazine articles and advertisements including popular before and after weight loss stories Promotional advertisements reveal how the media encourages negative attitudes towards body fat The book also includes over 30 interviews with Canadians who defined themselves as fat highlighting the emotional toll caused by the stigmatizing of fatness

**My Memoirs: A learning Guide to Performance for the Young Professional** DUVVURU VENKA REDDY,2022-06-13 MY MEMOIRS A Learning Guide to Perform for the Young Professional This is My Story This is my life story How I grew establish and serve my profession A memoir of a first generation learner of humble beginnings A down to earth village lad shared his memories A practising man s experiences in work culture career advancement in science outreach and in motivational learnings I shared my beliefs traits the concepts I value The story of how I grew contained my village life pass time activities of kids in rural areas admitted candidly schooling mother as the first teacher My professional studies delineated the UG and PG studies of veterinary science literature collection during non internet days most memorable events of student life at veterinary college Tirupati doctorate studies at IVRI Izatnagar How I chose my job self analysis my teaching my teaching research experience in veterinary college Puducherry

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help make it better *The Bullworker 90 Course* Brian Sterling-Vete,Helen Wuorio,2017-10-26 The Bullworker 90 TM Course is the essential 90 day 12 week course for all Bullworker R users and it s the companion book to The Bullworker Bible TM The Bullworker 90 TM Course is approved by the makers and distributors of The Bullworker at Bullworker.com The Bullworker 90 TM is a 400 page science based user friendly step by step course designed to increase strength fitness grow muscle body build and increase power over a 90 day 12 week period The Bullworker 90 TM Course is a detailed exercise plan which progressively increases in intensity as the days and weeks progress New exercises are added almost every week with complete routine changes every two weeks Each week has a detailed note section together with suggestions about exercise days and rest times etc so that you know exactly what to do and when to do it Step by step week by week instruction Progressively increasing intensity over 90 days Routine changes every two weeks Isotonic and Isometric exercise combinations Multi angle isometric exercise combinations The Bullworker 90 TM Course is designed by the authors of The Bullworker Bible TM and can be used with the Bullworker R Classic the Steel Bow R the Bullworker X5 the Bully Extreme the ISO 7x and the Bullworker X7 The Bullworker 90 TM Course also contains alternative extra exercises which incorporate the use of the Iso Bow R and the Bow Extension R that can be used with all Bullworker type exercisers to increase the range and effectiveness of the device Required Equipment A Bullworker R Classic or a similar device Recommended Additional Equipment Steel Bow R Bow Extension R kit 2 x Iso Bows R

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**The Cardiologists' Guide to Fitness and Health Through Exercise** Lenore R. Zohman,Albert A. Kattus,Donald G. Softness,1979

*Manorama Year Book* ,1991 **A Guide to Alternative Medicine** Donald Law,1975 **Times of India Illustrated Weekly** ,1989 **Sainik Samachar** ,1977 **Indian Armed Forces Year Book** ,1981 **The Motivator Within** D. Hunte,MR D Leigh Hunte,2012-10 Book Description The Motivator Within Conversation With A Personal TrainerForget the old concept of setting some arbitrary number on a scale or looking like a beach body model as a fitness goal and waiting for the right time to start punishing yourself Whether your dream is just being comfortable in your own skin being fit for your children living a pain free life being just a little more attractive or just living more The Motivator Within is the blueprint This step by step guide teaches you How Mandy went from 210 pounds to 138 pounds charting her ups and downs along the way How to use your own brain chemicals to build an addiction to exercise and healthy eating How to use your future self to power your fitness actions today How to eliminate 90% of your saboteurs and the other things that hold you back from

success How to use fake it till you make it to change for good How to use your sexual energy to push through those cold winter mornings when you don t want to get out of bed There are thousands and thousands of books and mobile applications telling you what to do at the gym but what you really need is someone telling you how to get there and how to keep going That is what this book set out to do More than just a weight loss book The Motivator Within Conversation with a Personal Trainer presents thousands of hours of cutting edge research expressed in everyday language and used in real stories you can relate to This self help books introduces the new customisable Desired Effort Levels DELs approach to loving health and fitness The Motivator Within Conversation With A Personal Trainer introduces strategies that is based on recent scientific research which switches the emphasis for successful change from a psychological viewpoint to a biological point of reference Although this book was written in a fitness genre these strategies can be applied to all areas of your life The book is written how the author speaks so it feels like a conversation with him D Leigh explains why using common sense in fitness is insane He also gives you important tools used by top personal trainers to get their clients to their goals D Leigh has created a revolutionary new way to view goal setting and offers new techniques to motivate the reader to get to those long held dreams and desires The book takes into account that everyone is different and offers a solution that can be customised for all

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