

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. Start with a warm-up routine before using the Bullworker.
 2. Use the Bullworker for 10-15 minutes, 3-4 times per week.
 3. Gradually increase the resistance as you become more comfortable with the device.
 4. Focus on proper form and technique to avoid injury.
 5. The Bullworker is not a replacement for a balanced diet and other forms of exercise.

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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 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 shoulders, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

ARMS



3. Stand in the Bullworker's center 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, resting 10 seconds between sets.



4. Stand in the Bullworker's center 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, resting 10 seconds between sets.



5. Stand in the Bullworker's center 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, resting 10 seconds between sets.



6. Stand in the Bullworker's center 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, resting 10 seconds between sets.



7. Stand in the Bullworker's center 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, resting 10 seconds between sets.

SHOULDER



8. In one of the most difficult exercises in the Bullworker 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



9. Another difficult one from your Bullworker routine 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



10. The Bullworker's center 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



12. Stand in the Bullworker's center 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, resting 10 seconds between sets.



13. In a good side exercise with the Bullworker, 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, resting 10 seconds between sets.



14. A shoulder exercise with the Bullworker 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

BACK



15. Stand in the Bullworker's center 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, resting 10 seconds between sets.



16. Another exercise in the Bullworker routine is a back 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



17. A good one from about a 10-minute routine is a back 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



18. Stand in the Bullworker's center 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, resting 10 seconds between sets.



19. Another exercise in the Bullworker routine is a back 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

THIGHS & CALVES



20. This is a simple leg exercise and 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



21. The legs are also a good exercise with the Bullworker. 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, resting 10 seconds between sets.



22. In one of the most difficult exercises in the Bullworker routine, it is a leg 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



23. Again, after the leg exercise in the Bullworker routine, it is a leg 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



24. In a good one from the Bullworker routine, it is a leg 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. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

Bullworker Exercise Guide

Prevention Magazine

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