

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. Focus on proper form and technique to avoid injury.
 4. Use the Bullworker consistently, at least 3-4 times per week.
 5. Listen to your body and stop if you experience any pain or discomfort.
 6. The Bullworker is not a substitute for a balanced diet and other forms of exercise.

CHEST



1. The introductory exercise in your Bullworker exercise is a chest exercise. Start with the Bullworker in front of you at waist level. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



2. Again, after your chest and shoulders for the first few minutes, get a shoulder workout. Use the Bullworker by the shoulders. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.

ARMS



3. Use the Bullworker to exercise your shoulders and arms. Hold the Bullworker in front of you at waist level. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



4. Use the Bullworker to exercise your shoulders and arms. Hold the Bullworker in front of you at waist level. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



5. Hold a standing position with the Bullworker in front of you. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



6. Hold a standing position with the Bullworker in front of you. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



7. Hold the Bullworker in front of you at waist level. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.

SHOULDER



8. In one of the most difficult exercises in the Bullworker exercise, it is a shoulder exercise. Use the Bullworker by the shoulders. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



9. Another difficult one, use the Bullworker to exercise your shoulders. Use the Bullworker by the shoulders. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



10. Use the Bullworker to exercise your shoulders. Use the Bullworker by the shoulders. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.

MID SECTION



11. This exercise is done in a standing position. Use the Bullworker by the mid-section. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



12. Use the Bullworker to exercise your mid-section. Use the Bullworker by the mid-section. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



13. In a good standing position, use the Bullworker to exercise your mid-section. Use the Bullworker by the mid-section. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



14. Use the Bullworker to exercise your mid-section. Use the Bullworker by the mid-section. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.

BACK



15. Use the Bullworker to exercise your back. Use the Bullworker by the back. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



16. Use the Bullworker to exercise your back. Use the Bullworker by the back. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



17. A person to look about is the Bullworker. Use the Bullworker by the back. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



18. Use the Bullworker to exercise your back. Use the Bullworker by the back. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



19. Use the Bullworker to exercise your back. Use the Bullworker by the back. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.

THIGHS & CALVES



20. Use the Bullworker to exercise your thighs and calves. Use the Bullworker by the thighs and calves. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



21. Use the Bullworker to exercise your thighs and calves. Use the Bullworker by the thighs and calves. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



22. Use the Bullworker to exercise your thighs and calves. Use the Bullworker by the thighs and calves. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



23. Use the Bullworker to exercise your thighs and calves. Use the Bullworker by the thighs and calves. Pull the handles towards your chest, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.



24. Use the Bullworker to exercise your thighs and calves. Use the Bullworker by the thighs and calves. Pull the handles outwards, squeezing the Bullworker. Hold for 10 seconds, then release. Repeat 10 times.

Bullworker Exercise Guide

Richard Bailey



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