

# 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 suitable for all fitness levels, from beginners to advanced athletes.  
 6. It is a portable and convenient fitness solution for home or gym use.  
 7. The Bullworker is a versatile tool for improving strength, endurance, and flexibility.  
 8. Consult a fitness professional for personalized advice on using the Bullworker.

**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 both 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, perform your chest exercise for 10 seconds. Then, 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.

**ARMS**



3. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with both hands, arms extended to the sides. 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 with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with both hands, arms extended to the sides. 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 with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with both hands, arms extended to the sides. 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 with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with both hands, arms extended to the sides. 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 with the Bullworker in front of you, feet shoulder-width apart. Hold the handles with both hands, arms extended to the sides. 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 a standing position, hold the Bullworker handles with both hands above your head. 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. In a standing position, hold the Bullworker handles with both hands above your head. 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. In a standing position, hold the Bullworker handles with both hands above your head. 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. Hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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 standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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 standing exercise that uses the Bullworker to provide resistance. Stand with your feet shoulder-width apart and hold the Bullworker handles with both 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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 a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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. In a standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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 standing position, hold the Bullworker handles with both hands in front of you, arms extended to the sides. 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

**EW Minium**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

## **Bullworker Exercise Guide:**

**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's 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'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 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 *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 s 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 **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 [A Guide to Exercise and Fitness Equipment](#) Prevention Magazine,1987 *Fighting Fat* Wendy Mitchinson,2018-01-01 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 *The Complete Guide to Building a Better Body* Outlet,Outlet Book Company Staff,Random House Value Publishing Staff,Rh Value Publishing,1978 **The Illustrated Weekly of India** ,1989 **Popular Science** ,1973-10 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and

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