

# Bullworker - 3 Exercise Chart

**HOW TO GET THE MOST OUT OF YOUR BULLWORKER**  
 The Bullworker is a unique piece of fitness equipment that provides a full-body workout. To get the most out of your Bullworker, it's important to use it correctly. This chart provides a step-by-step guide to the most effective exercises you can do with your Bullworker. Each exercise is illustrated with a photo and a brief description of the movement. The exercises are organized by body part: Chest, Arms, Mid Section, Back, Thighs & Calves, and Shoulders. Each exercise includes a numbered list of instructions and a recommended number of repetitions. The Bullworker is a versatile piece of equipment that can be used in a variety of ways. This chart provides a comprehensive guide to the most effective exercises you can do with your Bullworker. Each exercise is illustrated with a photo and a brief description of the movement. The exercises are organized by body part: Chest, Arms, Mid Section, Back, Thighs & Calves, and Shoulders. Each exercise includes a numbered list of instructions and a recommended number of repetitions. The Bullworker is a versatile piece of equipment that can be used in a variety of ways. This chart provides a comprehensive guide to the most effective exercises you can do with your Bullworker.

**CHEST**



1. The introductory exercise to your Bullworker exercise is a standing chest exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 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 your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.

**ARMS**



3. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



4. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



5. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



6. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



7. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.

**SHOULDER**



8. In a way of the most difficult exercise in the world, shoulder exercise. It is a shoulder exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



9. Another difficult one. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



10. Another difficult one. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.

**MID SECTION**



11. This exercise is done in a standing position. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



12. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



13. In a good way, exercise with the Bullworker. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



14. A variation of the exercise on the side of your chest. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.

**BACK**



15. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



16. Another variation of the exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



17. A variation of the exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



18. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



19. Another variation of the exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.

**THIGHS & CALVES**



20. This is a very high exercise and one of the most difficult in the world. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



21. Stand with the Bullworker in front of you, feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



22. In a way of the most difficult exercise in the world, thigh and calf exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



23. Again, after the thigh and calf exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.



24. In a way of the most difficult exercise in the world, thigh and calf exercise. Stand with your feet shoulder-width apart and your arms extended to the sides. Hold the Bullworker handles with both hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then return to the starting position. Repeat for 15 seconds, resting 15 seconds between sets.

# Bullworker Exercise Guide

**Xiaolong Qi**



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