

Bullworker - 3 Exercise Chart

<p>CHEST</p>  <p>1. The introductory exercise in your Bullworker routine is a powerful chest press. Stand with feet hip-width apart, knees slightly bent, and arms extended forward. Pull the Bullworker handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>2. Again, affect your chest and shoulders for the chest press. Stand with feet hip-width apart, knees slightly bent, and arms extended forward. Pull the Bullworker handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	<p>ARMS</p>  <p>3. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>4. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>5. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>6. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>7. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	<p>SHOULDER</p>  <p>8. To use the most difficult exercise in the chest program, it is an overhead shoulder press. Stand with feet hip-width apart, knees slightly bent, and arms extended forward. Pull the Bullworker handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>
 <p>9. Another difficult one, stand your Bullworker in front of you, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>10. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	<p>MID SECTION</p>  <p>11. This exercise is aimed at building midsection strength. Stand with feet hip-width apart, knees slightly bent, and arms extended forward. Pull the Bullworker handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>12. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>13. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>14. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	<p>BACK</p>  <p>15. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>16. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>
 <p>17. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>18. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>19. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	<p>THIGHS & CALVES</p>  <p>20. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>21. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>22. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>23. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>	 <p>24. Stand with Bullworker in the center of your feet, arms extended forward. Pull the handles to your chest, then press them straight out in front of you. Repeat 10-15 times, resting 30 seconds between sets.</p>

Bullworker Training Manual

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Bullworker Training Manual:

Popular Science, 1984-03 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 technology are the driving forces that will help make it better *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

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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 *The Illustrated Weekly of India* ,1981-10 [The New York Times Magazine](#) ,1973 **The Ultimate Bullworker Power Rep Range Workouts Book Two** Marlon Birch,2019-09-12 The Bullworker is Your Barbell to powerful muscles today the trainee will have no excuse not to get into the best shape of their life with just 17 exercise phases all in the convenience of your own home Transformation expert Marlon Birch CSCS whom Bullworker dubs the strongest and fittest man to build his body without the use of weights and machines Has created an efficient body transformation master plan based on the most effective strength producing unit in the world You will be amazed with these scientifically devised programs that will build a powerful symmetrical and well proportional physique Using the power of Isotonic and Isometrics time under tension and rep speed you will transform your body and increase your strength in record breaking time Develop ripped abs a powerful chest tireless powerful legs in as little as 20 30 minutes without stressing the joints and tendons [Health and Physical Education Lab Manual and Practical Book](#) Dr V K Sharma, Lab Manual *Ski* ,1975-09 *The Complete Manual of Fitness and Well-being* ,1984 **World Tennis** ,1981 **Times of India Illustrated Weekly** ,1980 **The Ultimate Bullworker Rep Range Workouts Book Three: The Best Isotonic Exercises to Build Muscle, Increase Strength, Power and Sculpt the Best Body** Marlon Birch,2020-01-18 Book Three of the Bullworker Power Rep series increases muscle size and gives you fast and simplified training programs combined with the power of isometrics to increase strength gains You will learn How to stimulate a huge surge in muscle growth with our powerful routines with its PROVEN size enhancing methods How to reach the vital MUSCLE BUILDING THRESHOLD and learn how to get big and ripped without wasting time use our techniques to accelerate your growth potential regardless of your level of experience How to get size accelerated gains in strength with our routines that stimulate muscle producing expansion that rapidly coax key muscle fibers without overtraining you use medium tension for less joint stress as you grow bigger and more muscular Learn from the natural Bodybuilder Marlon Birch who transformed many of his clients and used these techniques to build an impressive physique Marlon will teach you how these special methods will create the best muscle gains of your life How to trigger new muscle growth by pushing the growth threshold into the high end of muscle producing tension time 60 plus seconds something people never do [Autometrics](#) Dave Yarnell,2019-09-05 This is a nice little training manual full of innovative methods for getting in some real exercise in your vehicle

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