

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 proven and effective way to improve your overall health and fitness.

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 your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



2. Again, perform your chest exercise for 10 seconds. Do 3 sets. Do 3 sets of 10 seconds, standing up. Do 3 sets.

ARMS



3. Stand with the Bullworker in front of you. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



4. Stand with the Bullworker in front of you. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



5. Stand with the Bullworker in front of you. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



6. Stand with the Bullworker in front of you. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



7. Stand with the Bullworker in front of you. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.

SHOULDER



8. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



9. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



10. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.

MID SECTION



11. This exercise is done in a standing position. Hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



12. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



13. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



14. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.

BACK



15. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



16. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



17. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



18. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



19. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.

THIGHS & CALVES



20. This is a standing exercise. Hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



21. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



22. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



23. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.



24. In a standing position, hold the Bullworker handles with your hands. Pull the handles towards your chest, squeezing your chest muscles. Hold for 1 second, then release. Repeat for 10 seconds, standing up. Do 3 sets.

Bullworker Exercise Guide

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