

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 not a substitute for a balanced diet and regular exercise.

CHEST



1. The introductory exercise in your Bullworker exercise is a chest exercise. Stand with your feet shoulder-width apart and hold the Bullworker 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, after your chest and shoulder for the first few minutes, get a shoulder exercise. Stand with your feet shoulder-width apart and hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder 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 Bullworker 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.



4. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder 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 Bullworker 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.



6. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder 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 Bullworker 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.

SHOULDER



8. In a way of the most difficult exercise in the entire Bullworker, it is a shoulder exercise. Stand with your feet shoulder-width apart and hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



9. Another difficult one, stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



10. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker 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.

MID SECTION



11. This exercise is done in a standing position. Stand with your feet shoulder-width apart and hold the Bullworker 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.



12. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



13. In a good way, exercise with the Bullworker is a great way to get a full-body workout. Stand with your feet shoulder-width apart and hold the Bullworker 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.



14. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

BACK



15. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker 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.



16. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



17. A person to look about is the Bullworker. It is a unique fitness device that provides a full-body workout. Stand with your feet shoulder-width apart and hold the Bullworker 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.



18. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



19. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker 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.

THIGHS & CALVES



20. This is a simple leg exercise and is done in a standing position. Stand with your feet shoulder-width apart and hold the Bullworker 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. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



22. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker 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.



23. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker with both hands. Pull the handles outwards, squeezing your shoulder muscles. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



24. Stand with the Bullworker in front of you, feet shoulder-width apart. Hold the Bullworker 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.

Bullworker Exercise Guide

G Thomas



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