

# 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. Warm-up: Always warm up before using the Bullworker to prevent injury.  
 2. Technique: Focus on proper form and breathing throughout all exercises.  
 3. Consistency: Use the Bullworker 3-5 times per week for best results.  
 4. Progression: Gradually increase the intensity and duration of your workouts.  
 5. Safety: Stop immediately if you feel any pain or discomfort.

**CHEST**



1. The introductory exercise in your Bullworker workout is a standing chest exercise. Stand with feet hip-width apart, holding 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, breathing in and out with each repetition.



2. Again, after your chest and shoulders for the first few minutes, get a shoulder workout. Stand with feet hip-width apart, holding 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, breathing in and out with each repetition.

**ARMS**



3. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



4. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



5. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



6. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



7. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.

**SHOULDER**



8. In one of the most difficult exercises in the entire workout, it is a shoulder exercise. Stand with feet hip-width apart, holding 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, breathing in and out with each repetition.



9. Another difficult one, stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



10. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.

**MID SECTION**



11. This exercise is done in a standing position. Stand with feet hip-width apart, holding 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, breathing in and out with each repetition.



12. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



13. In a good side exercise, stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



14. In a good side exercise, stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.

**BACK**



15. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



16. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



17. A person to look about is the back exercise. Stand with feet hip-width apart, holding 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, breathing in and out with each repetition.

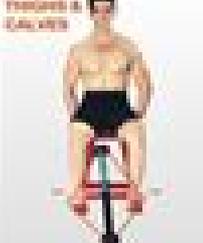


18. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



19. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.

**THIGHS & CALVES**



20. This is a simple leg exercise and one of the easiest to do. Stand with feet hip-width apart, holding 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, breathing in and out with each repetition.



21. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



22. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



23. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.



24. Stand with the Bullworker in front of you, feet hip-width apart. Hold the handles with both hands, pulling them towards your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, breathing in and out with each repetition.

# Bullworker Exercise Guide

**Brendan G. Carr**



## **Bullworker Exercise Guide:**

## Decoding **Bullworker Exercise Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Bullworker Exercise Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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