

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 15-20 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 replacement for a balanced diet and other forms of 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



2. Again, after your chest and shoulders for the first few minutes, get a shoulder 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.

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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



4. 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



6. 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.

SHOULDER



8. In one of the most difficult exercises 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 towards your chest, squeezing your chest muscles. Hold for 10 seconds, then release. Repeat for 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



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 towards your chest, squeezing your chest muscles. Hold for 10 seconds, then release. Repeat for 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.

MID SECTION



11. This exercise is done in a kneeling 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



12. 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



13. In a kneeling 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



14. In a kneeling 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.

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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



16. 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



17. A person to look about is the back 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



18. 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.

THIGHS & CALVES



20. This is a kneeling exercise and is done in a kneeling 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



21. 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



23. 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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.



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 15 seconds, standing up to 10 minutes, then alternate between standing and kneeling.

Bullworker Exercise Guide

K Morrison



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