

WALL CHART

WARNING: Do not use the Bullworker if you have any of the following conditions: heart disease, high blood pressure, recent surgery, or any other condition that might be aggravated by strenuous exercise. Consult your doctor before using the Bullworker.



Powermeter progress chart

Record your progress in the following chart. Use the Bullworker for 10 minutes each day.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							
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6							
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23							
24							

Use the Bullworker for 10 minutes each day.



FIRST WEEK
Complete exercise 1 to 7 every day

SECOND WEEK
Complete exercise 1 to 7 every day and add three more exercises each day.



1 CHEST, standing, one arm
Stand with feet shoulder-width apart, holding the Bullworker in your right hand. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat with left arm.



2 CHEST, standing, both arms
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



3 ARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



4 BACK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



5 SHOULDERS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



6 FOREARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



7 NECK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



8 ARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



9 BACK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



10 ARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



11 SHOULDERS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



12 FOREARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



13 NECK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



14 BACK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



15 ARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



16 SHOULDERS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



17 BACK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



18 ARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



19 SHOULDERS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



20 FOREARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



21 NECK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



22 BACK
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



23 ARMS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



24 SHOULDERS
Stand with feet shoulder-width apart, holding the Bullworker with both hands. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.

Original Bullworker Exercise Manual

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