

WALL CHART

Warning: To be successful in your exercise program, you must follow certain guidelines. First, you must be in good health. If you have any medical conditions, consult your doctor before starting. Second, you must be consistent. Exercise regularly, at least three times a week. Third, you must use proper technique. Watch the illustrations and read the instructions carefully. Fourth, you must progress gradually. Start with the basic exercises and move on to more advanced ones as you become stronger. Finally, you must be patient. Building muscle takes time, so don't expect overnight results.



Powermeter progress chart

Record your progress here. Use a pencil and write in the space provided.

Exercise	Reps	Time	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			

For more information, see the instructions on page 1.



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, shoulders and arms
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



2 CHEST, shoulders and arms
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



3 ARMS
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



4 ARMS
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



5 SHOULDERS and arms
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



6 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



7 BACK
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



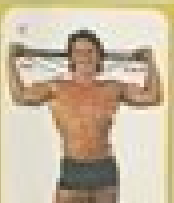
8 ARMS
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



9 ARMS
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



10 ARMS
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



11 SHOULDERS
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



12 SHOULDERS
Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



13 STOMACH and arms
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



14 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



15 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



16 BACK
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



17 BACK
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



18 BACK
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



19 BACK
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



20 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



21 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



22 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



23 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



24 STOMACH
Lie on your back with knees bent and feet flat on the floor. Hold the handles of the Bullworker in front of your chest, with your arms extended forward. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.

Original Bullworker Manual

**Mark Lemon, Henry Mayhew, Tom
Taylor, Shirley Brooks, Francis Cowley
Burnand, Owen Seaman**

Original Bullworker Manual:

The Machinist ,1981 **The Illustrated Weekly of India** ,1972-07 **Ski** ,1975-09 **Road and Track** ,1977
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