

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 here. Use the Bullworker for 10-15 minutes each day.

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

Use the Bullworker for 10-15 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) *10-15 reps*

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



2 CHEST (standing) *10-15 reps*

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



3 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



4 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



5 SHOULDERS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



6 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



7 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



8 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



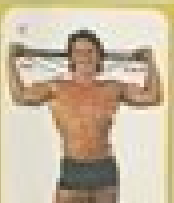
9 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



10 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



11 SHOULDERS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



12 SHOULDERS *10-15 reps*

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



13 SHOULDERS *10-15 reps*

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



14 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



15 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



16 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



17 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



18 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



19 BACK *10-15 reps*

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



20 THIGHS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



21 THIGHS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



22 THIGHS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



23 THIGHS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.



24 THIGHS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for a moment, then release. Repeat.

Original Bullworker Manual

Ying Liu



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