

WALL CHART

WARNING: To be successful in this program, you must follow the instructions carefully. Do not attempt to perform any exercise unless you have been properly instructed. If you are unsure of the proper technique, consult your instructor or a qualified fitness professional. Always use proper form and technique to avoid injury. Do not overexert yourself. Stop immediately if you feel pain or discomfort. Consult your doctor before starting any exercise program.



Powermeter progress chart

Record your progress here. Use a pencil to mark your progress. The chart is designed to help you track your progress over time. The columns represent different exercises, and the rows represent different weeks. Mark your progress with a pencil.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
1										
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3										
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5										
6										
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23										
24										

Use a pencil to mark your progress. The chart is designed to help you track your progress over time. The columns represent different exercises, and the rows represent different weeks. Mark your progress with a pencil.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
1										
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3										
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6										
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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, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



2 CHEST, shoulders and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



3 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



4 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



5 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



6 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



7 BACK

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



8 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



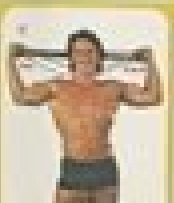
9 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



10 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



11 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



12 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



13 SHOULDERS and arms

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14 SHOULDERS and arms

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15 SHOULDERS and arms

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16 BACK

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17 BACK

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Original Bullworker Manual

David Kirk



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web here you will get all the subjects list and syllabus for ba 1st year 1st semester and 2nd semester it is the best bachelor s degree course after the 12th class in any stream but it is most suitable for arts students ba 1st first year syllabus and subjects list ba in english 1st year syllabus and subjects

[ba english syllabus and subjects 2023 semester wise](#) - Aug 06 2022

web jan 4 2023 the table below contains the subjects from ba english first year syllabus ba english second year syllabus the table below contains the subjects from ba english second year syllabus ba english third year syllabus the table below contains the subjects from ba english third year syllabus ba english subjects

ba english subjects syllabus first year semester yearly - Oct 08 2022

web the methods of teaching ba english include assignments following course module books case studies research work internships etc subjects in 1 st year ba english include communicative english professional communication history of english literature english poetry english prose cultural education etc table of contents

bachelor of arts in india subjects course syllabus books 2023 - Sep 07 2022

web bachelor of arts syllabus ba courses are vast and the syllabus of a variety of specializations differs according to the curriculum the table below shows the major bachelor of arts subjects taught under different specializations bachelor of arts books

ba 1st year english syllabus subjects semester skills - May 03 2022

web in the first semester of ba english there are six subjects these subjects are language other than english english indian writing in english fiction literary forms and terms and environmental studies in the second semester of

ba in economics 1st first year syllabus and subjects list 2023 - Jan 31 2022

web looking for the ba in economics 1st first year syllabus and subjects list for semester wise full form bachelor of arts here you will get all the subjects list and syllabus for ba in economics 1st year it is the best bachelor s degree course after the 12th class in any stream but it is most suitable for arts students

ba 1st first year political science syllabus and subjects list 2023 - Jan 11 2023

web here you will get all the subjects list and syllabus for ba in political science 1st year 1st semester and 2nd semester it is the best bachelor s degree course after the 12th class in any stream but it is most suitable for arts students ba in political science course details main key points

ba subjects and syllabus 2023 semester wise getmyuni - Aug 18 2023

web jul 17 2023 semester wise ba syllabus the ba subjects 1st year primarily focus on the foundational topics related to the field of humanities and social sciences due to this reason the ba 1st year syllabus doesn t change all that much listed below are the semester wise syllabi of the ba along with the ba subject list ba 1st year syllabus

ba 201 section 1 2 fundamentals of business 2021 2022 fall semester - May 15 2023

web 1 ba 201 section 1 2 fundamentals of business 2021 2022 fall semester credit 3 tedu credits 6 ects credits instructor burze yaşar office faculty of business administration d204 email burze yasar tedu edu tr this syllabus is preliminary because slight changes in timing or course content may still occur

ba english honors syllabus subjects 1st year semester wise - Jul 05 2022

web the syllabus of ba english honors is vast as it consists of literature from around the world such as american literature european literature etc some of the topics included are 20th century american drama contemporary literature anglo american writing etc this course is a combination of drama prose and poetry etc see also english courses

2022 yılı ba ve bs formu cezası ve sık sorulanlar - Jul 17 2023

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ba geography syllabus and subjects 2023 semester wise - Mar 01 2022

web jan 4 2023 semester wise ba geography syllabus ba geography syllabus has various subjects such as ecology comp mapping cultural geography etc ba geography course covers a wide range of topics and is divided into six semesters the semester by semester ba geography subject list is listed below