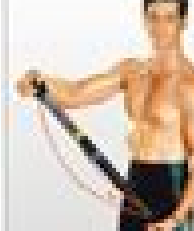
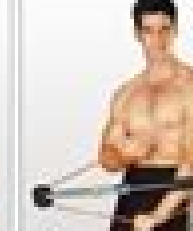
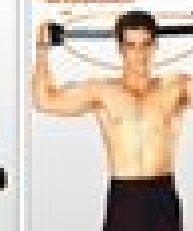
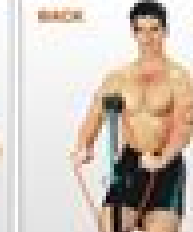
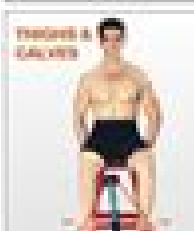
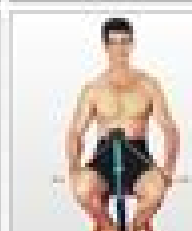
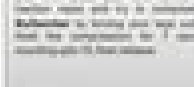
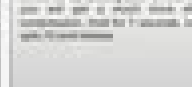
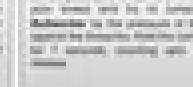


Bullworker - 3 Exercise Chart

IMPORTANT: Before using the Bullworker, please read the instructions carefully. The Bullworker is a resistance training device that provides a unique workout for the chest, arms, shoulders, back, and legs. It is designed to be used in a variety of ways, and the instructions are provided to help you get the most out of your workout. The Bullworker is a safe and effective way to build strength and endurance, and it is a great addition to any fitness routine. Please read the instructions carefully and use the Bullworker safely and effectively.

CHEST			ARMS			SHOULDER		
 1. This introductory exercise is your first step into the world of the Bullworker. It is a simple chest press that will help you get used to the resistance of the Bullworker. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 2. Again, perform your chest press and introduce the Bullworker. This time, use the Bullworker to provide resistance. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 3. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 4. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 5. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 6. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 7. Next, use the Bullworker to work on your shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	 8. Next, use the Bullworker to work on your shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	
 9. Another difficult one, stand your Bullworker vertically, arms extended. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 10. The next exercise is a more advanced one. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 11. This exercise is a more advanced one. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 12. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 13. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 14. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 15. Next, use the Bullworker to work on your shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	 16. Another exercise for the shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	
MID SECTION								
 17. A further to test about a 10 second exercise, stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 18. Next, use the Bullworker to work on your chest. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 19. This exercise is a more advanced one. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 20. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 21. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 22. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 23. Next, use the Bullworker to work on your shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	 24. Another exercise for the shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	
THIGHS & CALVES								
 25. A further to test about a 10 second exercise, stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 26. Next, use the Bullworker to work on your chest. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your chest muscles. Repeat 10 times.	 27. This exercise is a more advanced one. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 28. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 29. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 30. Next, use the Bullworker to work on your arms. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your arm muscles. Repeat 10 times.	 31. Next, use the Bullworker to work on your shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	 32. Another exercise for the shoulders. Stand with your feet shoulder-width apart, holding the Bullworker with both hands. Push the handles forward and up, squeezing your shoulder muscles. Repeat 10 times.	

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