

# WALL CHART

**WARNING:** Do not use the Bullworker if you have any of the following conditions: high blood pressure, heart disease, 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 on this chart. 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       |       |       |       |       |       |       |       |

**MEASUREMENTS**

1. Chest (under arms)

2. Waist (narrowest part)

3. Hip (widest part)

4. Arm (from shoulder to wrist)

5. Leg (from hip to ankle)

Record your measurements here.

**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 (under arms)**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**2 CHEST (under arms)**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. 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, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. 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, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**5 SHOULDERS**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**6 SHOULDERS**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. 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, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. 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, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**9 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. 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, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**11 SHOULDERS**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**12 SHOULDERS**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**13 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**14 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**15 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**16 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



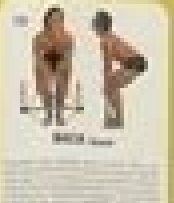
**17 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**18 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**19 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**20 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**21 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**22 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**23 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.



**24 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker under your arms, with the handles resting on the floor. Pull the handles towards your chest, squeezing your arms together. Hold for 10 seconds. Repeat 10 times.

# Original Bullworker Manual

**RJ Alexander**



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