

Shoulders
Chest
Arms



Bullworker

"The Best Kept Secret in Fitness!"

Upper Body "POWER" Exercises

An illustration of a shirtless man from the waist up, facing right. He is performing a lateral raise exercise with a pair of dumbbells. His right arm is extended straight out to the side at shoulder height, holding a black dumbbell. His left arm is bent at the elbow, with the hand resting against the back of his right arm, also holding a black dumbbell. He is wearing white shorts and a black headband.

Triceps
Biceps
Forearms
Shoulders



Arms
Shoulder



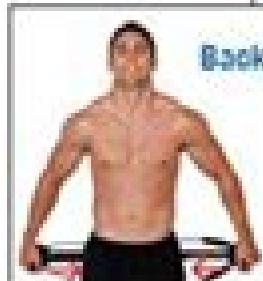
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Chest
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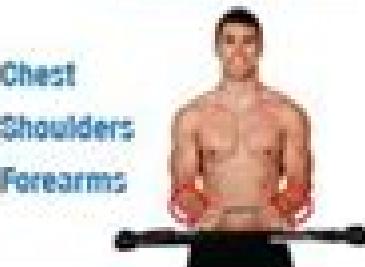
Book
Shoulders
Arms



Shoulders Lower Back



Back & Shoulders



Chest
Shoulders
Forearms



10



No Bull Guide To Bullworker

Katrin Zwirglmaier

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