

Shoulders
Chest
Arms



Bullworker

"The Best Kept Secret In Fitness"
Upper Body "POWER" Exercises



Arms
Shoulders



Triceps
Biceps
Forearms
Shoulders



POWER
Press

50 LBS/21 Compression
MSL 6 inch to 18
50 LBS/21 Release

POWER
Pull

50 LBS/21 Compression
MSL 6 inch to 18
50 LBS/21 Release



Arms
Chest
Shoulders



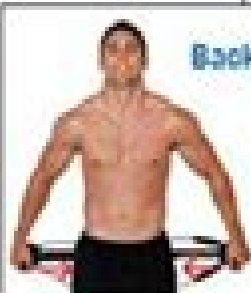
Back
Arms
Abs



Back
Shoulders
Arms



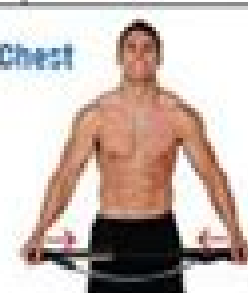
Back & Shoulders



Back



Chest
Shoulders
Forearms



Chest



Shoulders
Lower Back

No Bull Guide To Bullworker

Katrin Zwirglmaier



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