

WALL CHART

Warning: Do not use the Bullworker if you are injured, have a heart condition, or are taking medication. Consult your doctor before using the Bullworker. The Bullworker is not a toy and should be used with care. It is designed for use by adults only. Do not use it if you are pregnant or have a recent injury. The Bullworker is not a substitute for a proper diet and exercise program. It is a tool to help you achieve your fitness goals. Use it wisely and safely.



Powermeter progress chart

Record your progress here. Use a pencil. Do not use a pen or sharp object. The chart is designed to help you track your progress over time. It is a useful tool for monitoring your fitness journey.

Exercise	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Use this chart to record your progress. It is a useful tool for monitoring your fitness journey. The chart is designed to help you track your progress over time. It is a useful tool for monitoring your fitness journey.

Exercise	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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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 Bullworker handles in front of your chest. Pull the handles towards your shoulders, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



2 CHEST, shoulders and arms

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



3 ARMS

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



4 ARMS

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



5 SHOULDERS and arms

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



6 STOMACH

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



7 BACK

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



8 ARMS

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



9 ARMS

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



10 ARMS

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



11 SHOULDERS and arms

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



12 STOMACH

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



13 BACK

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



14 ARMS

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



15 ARMS

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16 ARMS

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



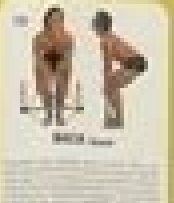
17 BACK

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



18 BACK

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24 BACK

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Original Bullworker Manual

WJ Hussar

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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