

# Bullworker: 2019 New Year Challenge

## Week 1

- 1 Superset: Strength Training
- 2 Supersets: Muscle Development
- 3 Supersets: Peak Performance

# Chest Compression



Chest Height



Waist Height



Overhead

Compress for 7 second Isometric hold and follow with 12 repetitions

# Cable Spread



Cable Spread



Lat Pulldown



Bent Row

Compress for 7 second Isometric hold and follow with 12 repetitions

# Biceps



Cable Curl



Hammer Curl

Compress for 7 second Isometric hold and follow with 12 repetitions

# Triceps



Cable Pushdown



Triceps Extension

Compress for 7 second Isometric hold and follow with 12 repetitions

# Legs



Lunges



One Legged Press



Calf Extension

Compress for 7 second Isometric hold and follow with 12 repetitions

# Core



Center



Right



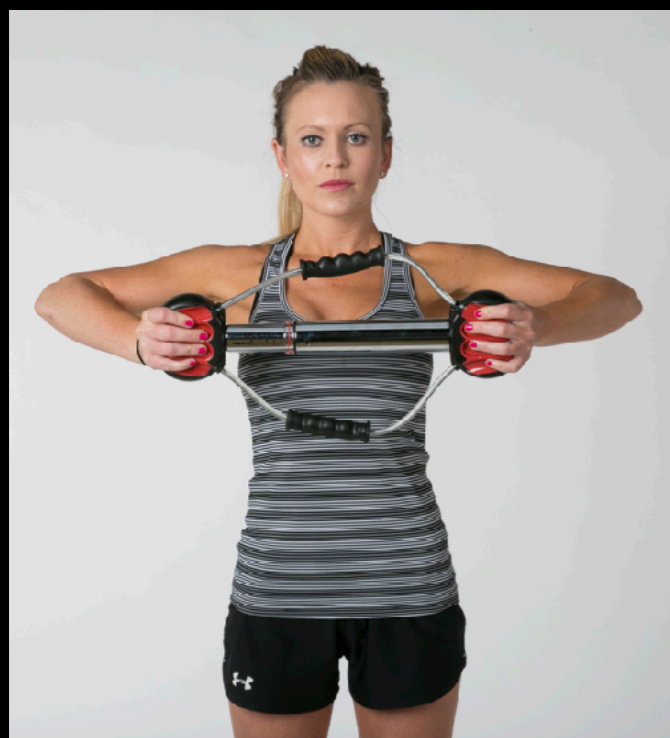
Left

Compress for 7 second Isometric hold and follow with 12 repetitions

## Weeks 2-3

- 1 Superset: Strength Training
- 2 Supersets: Muscle Development
- 3 Supersets: Peak Performance





Chest Height



Cable Spread



Waist Height

Compress for 7 second Isometric hold and follow with 12 repetitions



Lat Pulldown



Overhead



Bent Row

Compress for 7 second Isometric hold and follow with 12 repetitions



Reverse Grip Chest  
Compression

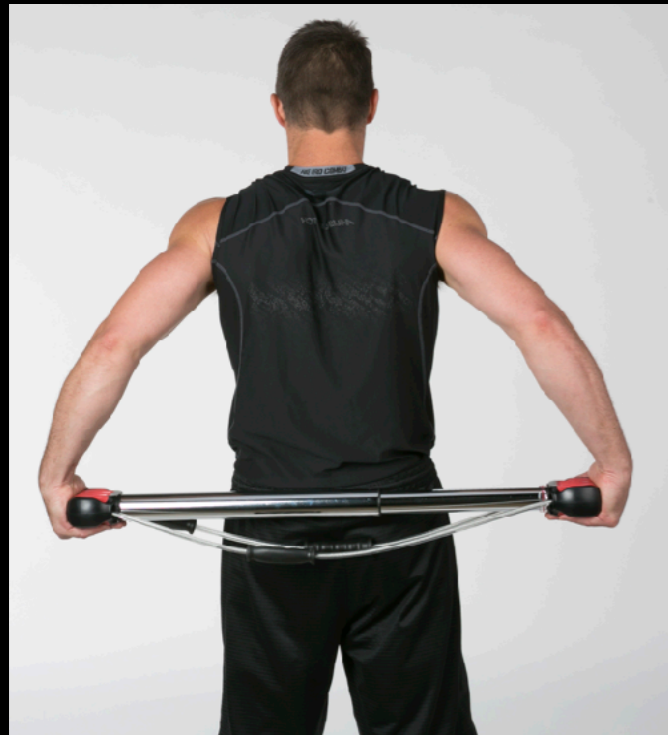


Behind Head  
Compression



Side Chest  
Compression

Compress for 7 second Isometric hold and follow with 12 repetitions



Behind Back  
Compression (Lower)



Cable Curl



Cable Pushdown

Compress for 7 second Isometric hold and follow with 12 repetitions



Hammer Curl



Triceps Extension

Compress for 7 second Isometric hold and follow with 12 repetitions



Lunges



One Legged Press



Calf Extension

Compress for 7 second Isometric hold and follow with 12 repetitions



Hip Adduction



Hip Abduction

Compress for 7 second Isometric hold and follow with 12 repetitions



Center



Right



Left

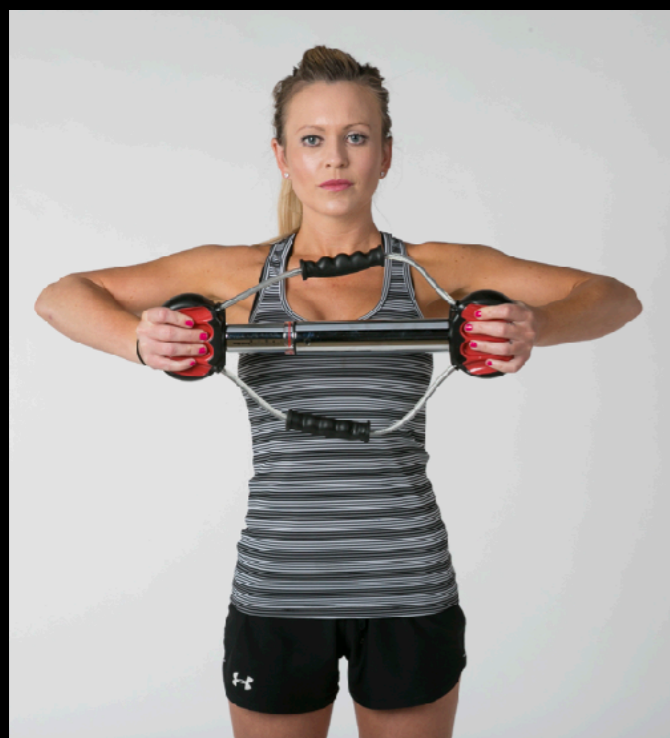
Compress for 7 second Isometric hold and follow with 12 repetitions



## Week 4

(Higher Resistance Less Reps)

- 1 Superset: Strength Training
- 2 Supersets: Muscle Development
- 3 Supersets: Peak Performance



Chest Height



Cable Spread



Waist Height

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Lat Pulldown



Overhead



Bent Row

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Reverse Grip Chest  
Compression

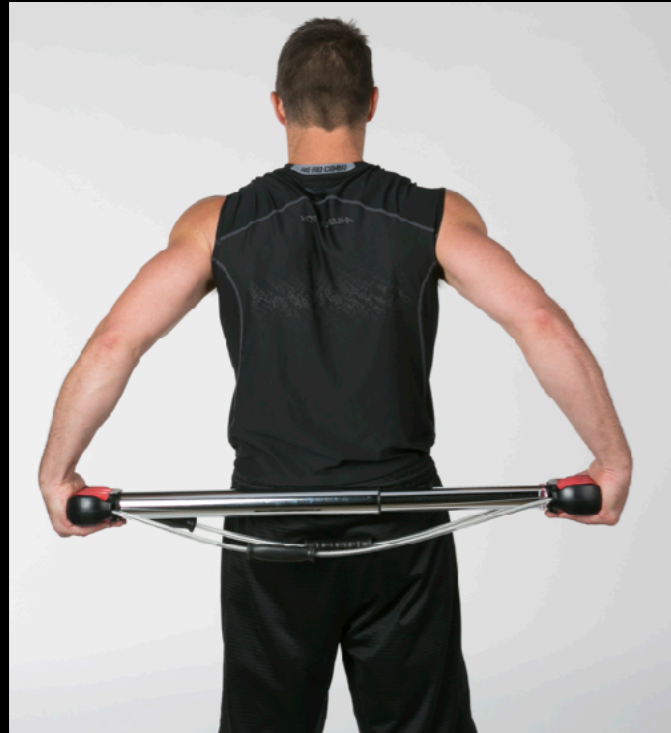


Behind Head  
Compression



Side Chest  
Compression

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Behind Back  
Compression (Lower)



Cable Curl



Cable Pushdown

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Hammer Curl



Triceps Extension

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Lunges



One Legged Press



Calf Extension

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Hip Adduction



Hip Abduction

Compress for 7 second Isometric hold and follow with 6-8 repetitions





Center



Right



Left

Compress for 7 second Isometric hold and follow with 6-8 repetitions

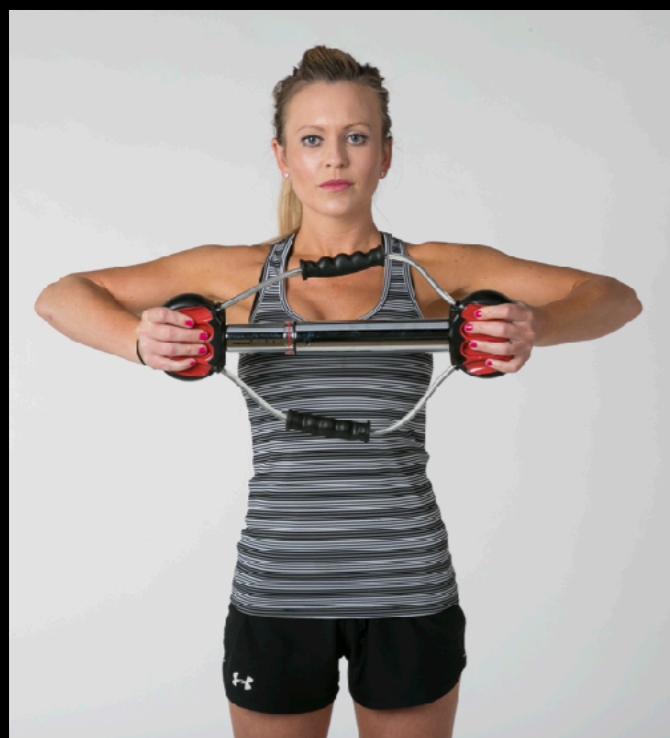
## Week 5

(Higher Resistance Less Reps)

1 Superset: Strength Training

2 Supersets: Muscle Development

3 Supersets: Peak Performance



Chest Height



Cable Spread



Waist Height

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Lat Pulldown



Overhead



Bent Row

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Reverse Grip Chest  
Compression

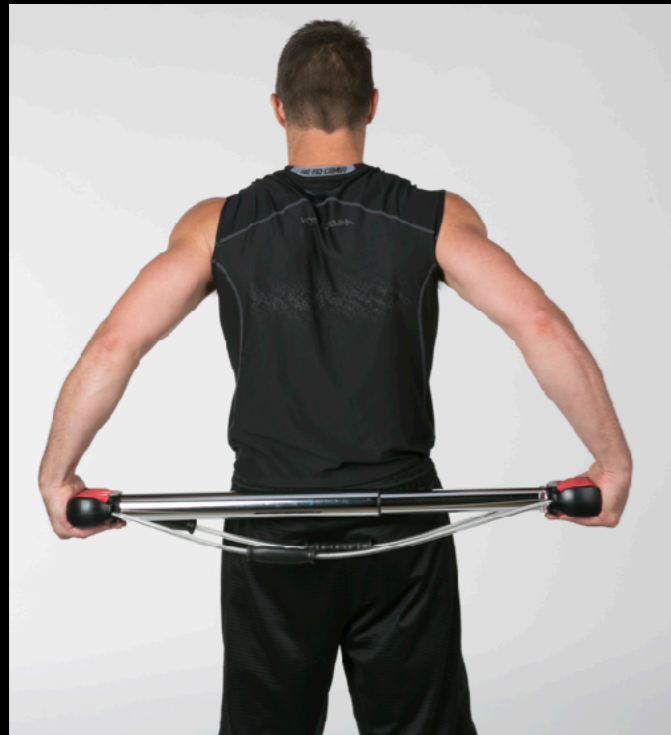


Behind Head  
Compression



Side Chest  
Compression

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Behind Back  
Compression (Lower)



Deltoids Spread  
(High)



Deltoids Spread  
(Low)

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Cable Curl



Cable Pushdown

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Hammer Curl



Triceps Extension

Compress for 7 second Isometric hold and follow with 6-8 repetitions





Lunges



Deadlift



One Legged Press

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Calf Extension



Hip Adduction



Hip Abduction

Compress for 7 second Isometric hold and follow with 6-8 repetitions



Center



Right

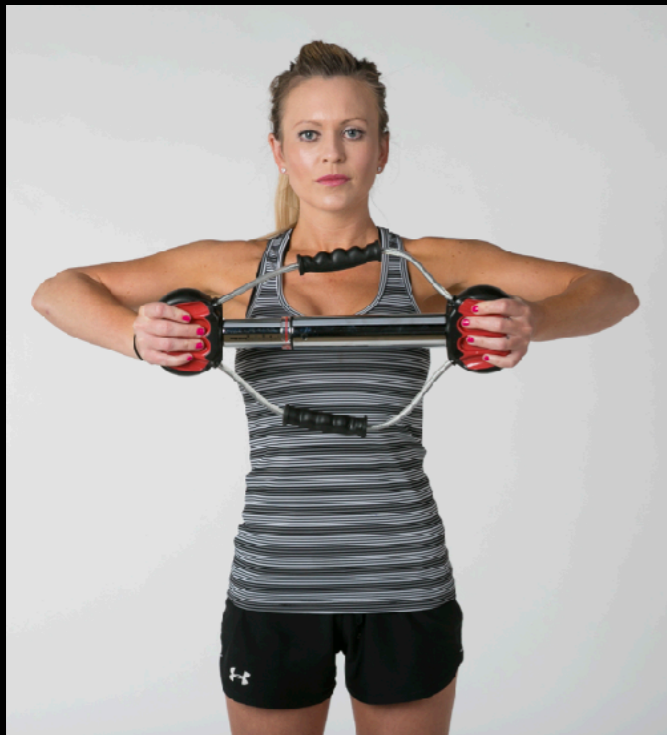


Left

Compress for 7 second Isometric hold and follow with 6-8 repetitions

## Week 6-9

- 1 Superset: Strength Training
- 2 Supersets: Muscle Development
- 3 Supersets: Peak Performance



Chest Height



Cable Spread



Waist Height

Compress for 7 second Isometric hold and follow with  
12-15 repetitions



Lat Pulldown



Overhead



Bent Row

Compress for 7 second Isometric hold and follow with  
12-15 repetitions



Reverse Grip Chest  
Compression



Behind Head  
Compression



Side Chest  
Compression

Compress for 7 second Isometric hold and follow with  
12-15 repetitions



Behind Back  
Compression (Lower)



Inside Grip Chest  
Compression (Lower)

Compress for 7 second Isometric hold and follow with  
12-15 repetitions





Deltoids Spread  
(High)



Deltoids Spread  
(Low)

Compress for 7 second Isometric hold and follow with  
12-15 repetitions



Cable Curl



Cable Pushdown

Compress for 7 second Isometric hold and follow with  
12-15 repetitions



Hammer Curl



Triceps Extension

Compress for 7 second Isometric hold and follow with  
12-15 repetitions



Lunges



Deadlift



One Legged Press

Compress for 7 second Isometric hold and follow with 12-15 repetitions



Seated Deadlift



Calf Extension

Compress for 7 second Isometric hold and follow with 12-15 repetitions



Calf Extension



Hip Adduction



Hip Flexor Lower  
Abs

Compress for 7 second Isometric hold and follow with  
12-15 repetitions



Center



Right



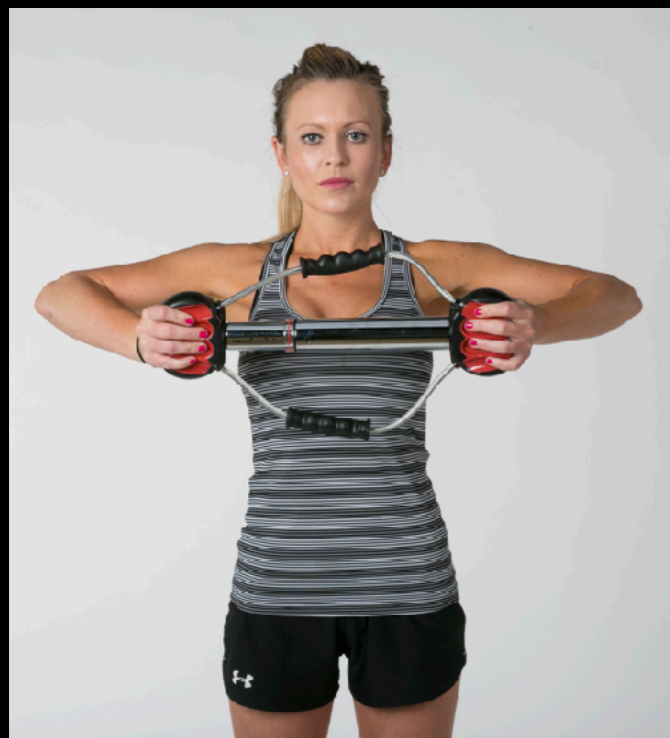
Left

Compress for 7 second Isometric hold and follow with  
12-15 repetitions

## Week 10-13

- 1 Superset: Strength Training
- 2 Supersets: Muscle Development
- 3 Supersets: Peak Performance





Chest Height



Cable Spread



Waist Height

Compress for 7 second Isometric hold and follow with 15 repetitions



Lat Pulldown



Overhead



Bent Row

Compress for 7 second Isometric hold and follow with 15 repetitions



Reverse Grip Chest  
Compression

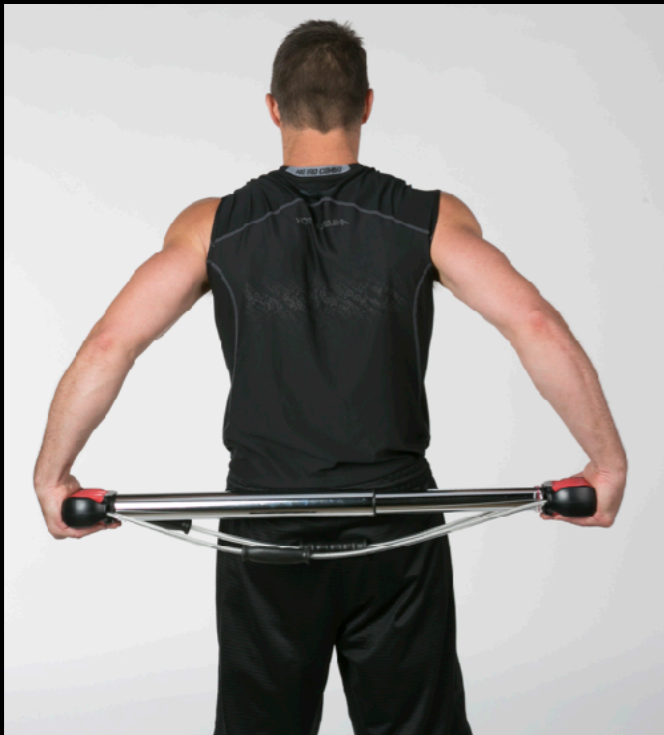


Behind Head  
Compression



Side Chest  
Compression

Compress for 7 second Isometric hold and follow with 15 repetitions



Behind Back  
Compression (Lower)



Inside Grip Chest  
Compression (Lower)



Upright Row

Compress for 7 second Isometric hold and follow with 15 repetitions



Deltoids Spread  
(High)



Deltoids Spread  
(Low)



Cable Spread  
(Overhead)

Compress for 7 second Isometric hold and follow with 15 repetitions



Cable Curl



Cable Pushdown

Compress for 7 second Isometric hold and follow with 15 repetitions



Hammer Curl



Triceps Extension

Compress for 7 second Isometric hold and follow with 15 repetitions



Lunges



Deadlift



One Legged Press

Compress for 7 second Isometric hold and follow with 15 repetitions





Seated Deadlift



Calf Extension

Compress for 7 second Isometric hold and follow with 15 repetitions



Calf Extension



Hip Adduction



Hip Flexor Lower  
Abs

Compress for 7 second Isometric hold and follow with 15 repetitions



Center



Right



Left

Compress for 7 second Isometric hold and follow with 15 repetitions