

BULLWORKER

Redefining Fitness®

S I N C E 1 9 6 2



BULLWORKER®
2020 FITNESS VISION

YOURS TO BE WON

Important to remember throughout your 90 day challenge

Your biggest win is improving your health and fitness and enhancing your quality of life.

You are not alone, you are part of the best family in the world.

The Bullworker Family is an international community from all walks of life with inspiring stories, words of encouragement and a safe place to ask questions.

Our goal is to encourage and support you as you start a lifelong journey of fitness.

1st Place:

\$500 Visa Gift Card

2nd Place:

\$250 Visa Gift Card

3rd Place:

\$125 Visa Gift Card or Bullworker of Your Choice

4th Place:

ISO-FLO

5th Place:

ISO-BOW Pro Pair



All Rights Reserved for Bullworker®

TABLE OF CONTENTS

CONGRATULATIONS.....	5
THE SCIENCE BEHIND BULLWORKER.....	6
PROPER USE.....	7
ROUTINE VARIATIONS.....	8
LIABILITY WAIVER / DISCLAIMER.....	9
1 - 2 PUNCH EXERCISES IN A CRUNCH.....	10
BACK & SHOULDERS.....	11
CHEST.....	15
BICEPS.....	18
TRICEPS.....	20
LEGS.....	21
CORE.....	23
2020 FITNESS VISION.....	24
MEASUREMENTS.....	25
WEEK 1.....	26
WEEKS 2-4.....	28
WEEKS 5-7.....	32
WEEKS 8-10.....	37
WEEKS 11-13.....	43
YOU MAY ALSO LIKE.....	50

CONGRATULATIONS ON CHOOSING BULLWORKER TO ACCOMPLISH YOUR FITNESS GOALS

Our Mission: Enhance Quality of Life with Simple Fitness

Since 1962, Bullworker has been a leader in functional strength exercise resulting in stronger bodies with greater flexibility for a healthier and more active lifestyle.

We believe you need flexibility, strength, and cardio exercises to be healthy and physically fit. Bullworker products quickly give you all three with low impact and convenient products.

Start to enjoy the benefits of Bullworker training by choosing one or a combination of our fitness practices and get ready for a rapid transformation to your body.

Thank you for choosing Bullworker!

Cheers,
John & Chrisman Hughes



THE SCIENCE BEHIND BULLWORKER

The most significant breakthrough in fitness came when Dr. E.A. Muller and Dr. Th. Hettinger discovered maximum muscle growth can be attained by exerting 60% of existing muscle strength against a superior resistance for only 7 seconds once a day using a remarkable fitness technique known as isometrics. The study at the Max Planck Institute consisted of over 200 experiments over a ten-year period. Optimum results are attained with 5 workouts per week, but impressively, even one single weekly workout is sufficient to maintain your improvements.

Professor James A. Baley put isometrics to the test with a class of college students at the University of Connecticut. The study resulted in the isometric training group improving three times faster than the sports training group on tests measuring increases in strength, endurance, coordination, and agility.

Bullworker pioneered portable home fitness devices and the 7-second isometric exercise for the fastest strength gains using both contraction and extension movements involving range of motion for enhancing all your major muscle groups.

Isometric exercise techniques are still the fastest method for increasing strength known to modern exercise science.

Start a Bullworker program, stay with it, and enjoy the benefits:
Be stronger, look better, & feel great.



PROPER USE

- 1.** Always inspect your unit before use. Check for defects or possible wear and tear which can compromise the integrity of your unit.
- 2.** Always start routines slowly, easing into the amount of effort put forth. The slower you move, the more muscle fibers you engage for better results.
- 3.** Focus on Intentional Flexation, slow purposeful movement with engaged muscles.
- 4.** Concentrate on your muscles being used. The slower the better, you cannot go too slow.
- 5.** Always maintain steady breathing, never hold your breath. Exhale when exerting energy and inhale as you release.
- 6.** Always keep your core tight.
- 7.** Rest each muscle group after heavy exercise for a minimum of 48 hours - one day in between - before engaging in heavy exercise again. Ensure you are getting sufficient sleep.
- 8.** Optimum Bullworker Isometric Holds only require 60% - 80% of maximum effort for 7-10 seconds.
- 9.** Stretching before and after help recovery and enhance your range of motion. Try your ISO-BOW and ISO-FLO.
- 10.** Keep joints in natural position during exercise. If pain develops, stop. Proper exercise is not painful.

ROUTINE VARIATIONS

Choose one or a combination for your desired results.

ISOMETRICS (STRENGTH BUILDING)

- Static hold of 7 – 10 seconds using 60% – 80% of maximum effort.

ISOTONICS (MUSCLE DEFINITION)

- Exercise involving eccentric and concentric contractions.

ISO-MOTION® (MOVEMENT PERFORMANCE)

- Maintain your isometric hold while moving through your body's natural full range of motion.

ENDURANCE (MUSCLE STAMINA)

- Slow and deliberate compression and release with high repetition.

RESILIENCY (CARDIO AND MUSCLE RECOVERY)

- Rapid compression and release with high repetition.

MAINTENANCE (PRESERVE CURRENT FITNESS LEVEL)

- One set of isometric and isotonic combination for each muscle group, 1 time per week.

FOUNDATIONAL STRENGTH (1 SET)

- Target duration (15-30 minutes).

MUSCLE ENHANCEMENT (2 SETS)

- Target duration (30-45 minutes).

PEAK PERFORMANCE (3 SETS)

- Target duration (45-60 minutes).

KEY TO WEIGHT LOSS IS REDUCING DAILY CALORIE INTAKE

- Portion Control
- Healthier selection (avoid processed foods and added sugars)

LIABILITY WAIVER/DISCLAIMER

Please review the following User Agreement carefully before using your Bullworker products.

Bullworker is not a licensed medical care provider and does not give medical advice.

You should always consult with your physician to ensure you are in good physical condition before starting any exercise program.

Use product only as shown.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and others, and agree to release and discharge Bullworker from any and all claims or causes of action, known or unknown.

1-2 PUNCH: EXERCISES IN A CRUNCH

Isometric hold (60%-80% of maximum effort) for 7 seconds followed by 12 repetitions.

Sometimes you only have time to do a quick exercise or two. We recommend our two favorites for you when you are in a crunch.

CHEST COMPRESSION



Muscles Engaged: Chest -
Shoulders - Core

- Ensure elbows are parallel to the ground.
- Compress your Bow Classic.

CABLE SPREAD

Muscles Engaged: Rhomboids -
Lats - Posterior Deltoids - Core

- Ensure hand grips are placed in the middle of the cables.
- Keep your elbows parallel to the ground. Spread both cables evenly.



BACK & SHOULDERS



CABLE SPREAD

Muscles Engaged: Upper Back - Posterior Deltoids

- Ensure hand grips are placed in the middle of the cables.
- Keep your elbows parallel to the ground. Spread both cables evenly.



ARCHER (BOTH SIDES)

Muscles Engaged: Upper Back

- Ensure hand grips are placed in the middle of the cables and elbows are parallel to the ground
- Extend one arm. Spread cable using opposite arm.



LAT PULL DOWN (BOTH SIDES)

Muscles Engaged: Lats - Back

- Ensure hand grip is placed securely on your upper thigh.
- In a straight motion pull down.



SEATED LAT PUSH DOWN

Muscles Engaged: Lats - Back

- Place Bow Classic securely on non-slip pad with arms extended
- Press down.

BACK & SHOULDERS



SHOULDER COMPRESSION (BEHIND HEAD)

Muscles Engaged: Shoulders - Upper Back

- Ensure elbows are horizontal/parallel to the ground.
- Compress.



BEHIND BACK COMPRESSION (LOWER)

Muscles Engaged: Lats - Upper Back - Shoulders

- Hold Bow Classic parallel to the ground and compress.

**Variation: On the edge of a seat, hold Bow Classic underneath legs*



UPRIGHT ROW

Muscles Engaged: Shoulders - Upper Back

- Place foot securely on bottom cable. Center upper cable grips.
- Pull upper cable using your back and shoulders.



BENT ROW (BOTH SIDES)

Muscles Engaged: Mid Back

- Place foot securely on bottom cable. Center upper cable grip.
- Pull upper cable using your back

BACK & SHOULDERS



KNEELING UPRIGHT ROW

Muscles Engaged: Upper Back - Shoulders

- Place knees securely on bottom cable. Center upper cable grips.
- Pull upper cable using your back and shoulders.



BACK ROW (LYING DOWN)

Muscles Engaged: Middle Back

- Place feet securely in cables
- Keep legs still. Row cable towards chest.

**Do not exceed maximum compression*



REVERSE GRIP ROW

Muscles Engaged: Middle Back

- Place feet or foot securely in cable.
- Keep legs still using reverse grip. Row towards chest

**Do not exceed maximum compression*



CABLE SPREAD (OVER HEAD)

Muscles Engaged: Shoulders - Upper Back

- Ensure hand grips are placed in the middle of the cables.
- Spread your Bow Classic over head.

BACK & SHOULDERS



DELTOIDS CABLE SPREAD (BOTH SIDES)

Muscles Engaged: Deltoids - Shoulder

- Ensure hand grips are placed in the middle of the cables.
- Spread your Bow Classic using top hand.



DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)

Muscles Engaged: Deltoids - Shoulder

- Ensure hand grips are placed in the middle of the cables.
- Spread your Bow Classic at or below waist using top hand



SEATED DEADLIFT

Muscles Engaged: Lower Back

- Place both feet securely through bottom cable. Do not lock your knees. Keep your back straight. Spread the cables using your back.

**Do not exceed maximum compression*

CHEST



CHEST COMPRESSION

Muscles Engaged: Chest -
Shoulders

- Ensure elbows are parallel to the ground.
- Compress your Bow Classic.



CHEST COMPRESSION (LOWER)

Muscles Engaged: Chest -
Shoulders

- Compress your Bow Classic at or below your waist.



CHEST COMPRESSION (UPPER)

Muscles Engaged: Chest -
Shoulders

- Compress your Bow Classic at or above shoulder height.



SIDECHEST COMPRESSION (BOTH SIDES)

Muscles Engaged: Chest -
Shoulders - Triceps

- Extend one arm fully. Compress your Bow Classic with your opposite arm.

CHEST



REVERSE GRIP CHEST COMPRESSION

Muscles Engaged: Chest - Shoulders

- Compress your Bow Classic using an underhand grip of the tubes at chest height



INSIDE GRIP CHEST COMPRESSION

Muscles Engaged: Chest - Shoulders

- Compress your Bow Classic using an overhand grip of the tubes at chest height



REVERSE GRIP CHEST COMPRESSION (LOWER)

Muscles Engaged: Lower Chest - Shoulders

- Compress your Bow Classic using an underhand grip of the tubes at or below waist height



INSIDE GRIP CHEST COMPRESSION (LOWER)

Muscles Engaged: Lower Chest - Shoulders

- Compress your Bow Classic using an overhand grip of the tubes at or below waist height

CHEST



REVERSE GRIP CHEST COMPRESSION (UPPER)

Muscles Engaged: Upper Chest - Shoulders

- Compress your Bow Classic using an underhand grip of the tubes at or above shoulder height



INSIDE GRIP CHEST COMPRESSION (UPPER)

Muscles Engaged: Upper Chest - Shoulders

- Compress your Bow Classic using an overhand grip of the tubes at or above shoulder height

BICEPS



HAMMER BICEPS CURL (BOTH SIDES)

Muscles Engaged: Biceps

- Grip lower tube.
- Keep upper arm still. Curl upwards bending only at elbow.



BICEPS CURL (BOTH SIDES)

Muscles Engaged: Biceps

- Place both hands on handles. Keep upper arm still. Curl upwards bending only at elbow.



CONCENTRATION BICEPS CURL (BOTH SIDES)

Muscles Engaged: Biceps

- Place foot securely in cable.
- Curl bending only at the elbow.



BICEPS CABLE CURL (KNEELING)

Muscles Engaged: Biceps

- Securely step on the bottom cable in a kneeling position
- Curl bending only at elbows.

BICEPS



BICEPS CABLE CURL (BOTH SIDES)

Muscles Engaged: Biceps

- Keep bottom arm still. Curl upwards bending only at elbow.



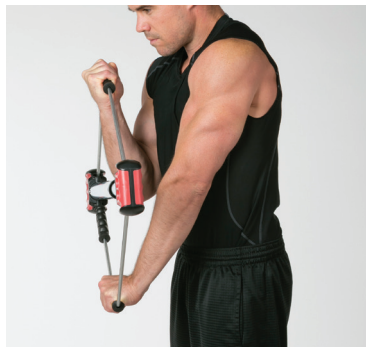
TRICEPS



TRICEPS CABLE PUSH DOWN

Muscles Engaged: Triceps

- Keep your back straight. Push bottom cables down.
- Bend only at your elbows.
- Secure Bullworker placement using your non-slip pad.



TRICEPS PUSH DOWN (BOTH SIDES)

Muscles Engaged: Triceps

- Ensure hand grips are placed in the middle of the cables
- Bend only at your elbow. Push bottom cable down.



TRICEPS EXTENSION (BOTH SIDES)

Muscles Engaged: Triceps

- Ensure hand grips are placed in the middle of the cables
- Bend only at your elbow. Extend cable out

LEGS



DEADLIFT

Muscles Engaged: Lower Back

- Quadriceps - Glutes - Hamstrings

- Place both feet securely on bottom cable. Bend knees. Keep your back straight. Spread cables in a squatting manner.

**Do not exceed maximum compression*



ONE LEG PRESS (BOTH SIDES)

Muscles Engaged: Quadriceps - Glutes - Hamstrings

- Place foot securely in cable.
- Keep arms still. Press with your leg

**Do not exceed maximum compression*



DEADLIFT (GROUND)

Muscles Engaged: Lower Back

- Quadriceps - Glutes - Hamstrings

- Place both feet securely on bottom cable. Bend knees slightly. Keep your back straight. Rise using lower back

**Do not exceed maximum compression*



CALF EXTENSION (BOTH SIDES)

Muscles Engaged: Calves

- Place foot securely through cable
- Point toes

**Ensure toe is always pointed to keep cable secure*

LEGS



HIP ABDUCTION

Muscles Engaged: Outside Hips

- Thighs

- Place both cables securely on outside of knees.
- Spread your legs.



HIP ABDUCTION (LYING DOWN)

Muscles Engaged: Outside Hips

- Thighs

- Place both cables securely on outside of knees.
- Spread your legs.



SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

Muscles Engaged: Hip Flexor -

Lower Abs

- Place both feet securely in cables
- Raise top leg



HIP ADDUCTION

Muscles Engaged: Inside Hips -

Thighs - Groin

- Place both forearms securely inside of knees.
- Compress your legs.



PLANK CRUNCH

Muscles Engaged: Abs - Lower Back

- Place the Bow Classic in front of your knees. Perform a crunch (keep arms straight).

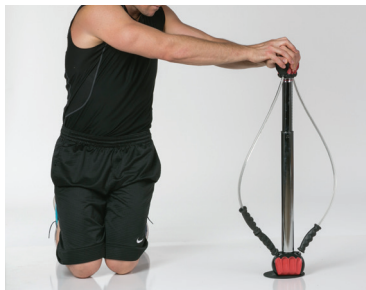


RESISTED CRUNCH

Muscles Engaged: Abs - Lower Back

- Place the Bow Classic on your non-slip pad in front. Perform a crunch (keep arms straight).

*Variation, stand and place on secure raised surface. Perform crunch



UPRIGHT RESISTED CRUNCH (BOTH SIDES)

Muscles Engaged: Abs - Lower Back

- Place the Bow Classic on your non-slip pad away from your body. Perform a crunch (keep arms straight).



SEATED LOWER AB RAISE (BOTH SIDES)

Muscles Engaged: Lower Abs - Hip Flexor

- Place non-slip pad on knee.
- Hold cables securely. Raise your knee keeping your arms in place.

2020 FITNESS VISION

Designed as a progressive exercise program to strengthen your muscles, improve your range of motion, and burn calories to help tone your body.

Start slow and easy. Progress with intensity as you feel comfortable.

Week 1: 4-5 times per week

Weeks 2 – 13: 4 times per week. If you exercise to muscle exhaustion and soreness, allow 48 hours of recovery time between workouts.

***Exercises can be done with a Steel Bow, Bow Classic, or both**



MEASUREMENTS

GOAL (Specific, Measurable, Attainable, Relevant, Time Bound)

BEFORE

WAIST _____

BICEPS _____

TRICEPS _____

CHEST _____

WEIGHT _____

AFTER WEEK 1

WAIST _____

BICEPS _____

TRICEPS _____

CHEST _____

WEIGHT _____

AFTER WEEK 4

WAIST _____

BICEPS _____

TRICEPS _____

CHEST _____

WEIGHT _____

AFTER WEEK 7

WAIST _____

BICEPS _____

TRICEPS _____

CHEST _____

WEIGHT _____

AFTER WEEK 10

WAIST _____

BICEPS _____

TRICEPS _____

CHEST _____

WEIGHT _____

FINAL RESULTS

WAIST _____

BICEPS _____

TRICEPS _____

CHEST _____

WEIGHT _____

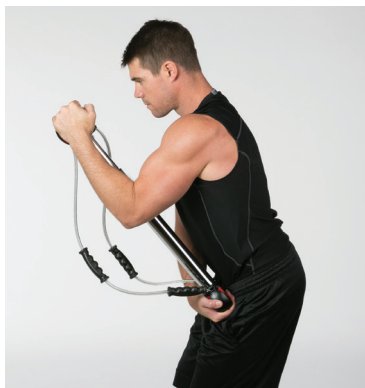
WEEK 1

7 - 10 second isometric hold (60%-80% of maximum effort)



1. CHEST COMPRESSION

Keep your elbows parallel to the ground. Compress your Bullworker at chest height.



2. LAT PULL DOWN (BOTH SIDES)

In a straight motion pull down.



3. DEADLIFT

Place both feet securely on bottom cable. Bend knees. Keep your back straight. Spread cables in a squatting manner.



4. CABLE SPREAD

Keep your elbows parallel to the ground. Spread both cables evenly

4 days with a rest day in between each day



5. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push bottom cable down



6. BICEPS CABLE CURL (BOTH SIDES)

Keep bottom arm still. Curl upwards bending only at elbow.



7. RESISTED CRUNCH

Place the Bullworker on your non-slip pad in front of your knees. Perform a crunch (keep arms straight).

WEEKS 2-4

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (15-30 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (30-45 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (45-60 minutes)

20 reps followed by a 7 - 10 second isometric hold
(60%-80% of max effort).

(Perform each exercise consecutively in a circuit)

**Allow one day of rest in between for proper recovery
time of your muscle groups.**

***Stretching or light work with your ISO-BOW are great
options on rest days.**

WEEKS 2-4

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

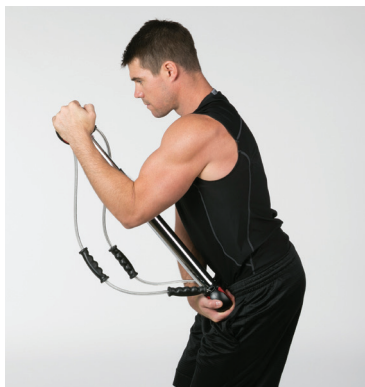
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



1. CHEST COMPRESSION

Keep your elbows parallel to the ground. Compress your Bullworker at chest height.



2. LAT PULL DOWN (BOTH SIDES)

In a straight motion pull down.



3. CHEST COMPRESSION (LOWER)

Compress your Bullworker at or below your waist.



4. BENT ROW (BOTH SIDES)

Pull upper cable using your back.

20 reps followed by 7-10 second isometric hold (60%-80% of max effort)

TOTAL BODY FITNESS



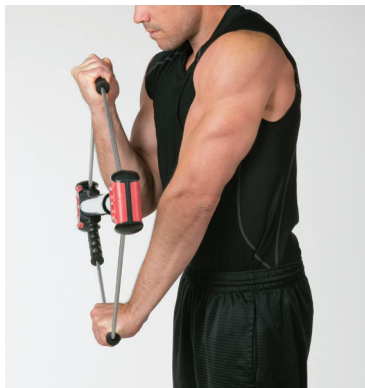
5. CHEST COMPRESSION (UPPER)

Compress your Bullworker at or above shoulder height.



6. CABLE SPREAD

Keeping your elbows parallel to the ground spread both cables evenly



7. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push bottom cable down.



8. BICEPS CABLE CURL (BOTH SIDES)

Bend only at your elbow.

WEEKS 2-4

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



9. DEADLIFT

Place both feet securely on bottom cable. Bend knees. Keep your back straight. Spread cables in a squatting manner.



10. SEATED DEADLIFT

Place both feet securely through bottom cable. Do not lock your knees. Keep your back straight. Spread the cables using your back.



11. RESISTED CRUNCH

Place the Bullworker on your non-slip pad in front of your knees. Perform a crunch (keep arms straight)

WEEKS 5-7

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (15-30 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (30-45 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (45-60 minutes)

7 - 10 second isometric hold

(60%-80% of max effort) followed by 12 reps.

Use more resistance effort than previous weeks with 20 reps..

(Perform each exercise consecutively in a circuit)

Allow one day of rest in between for proper recovery time of your muscle groups.

***Stretching or light work with your ISO-BOW are great options on rest days.**

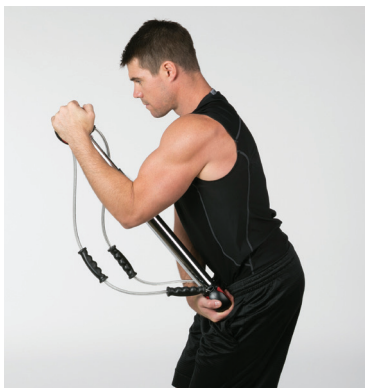
7-10 second isometric hold (60%-80% of max effort) followed by 12 reps

TOTAL BODY FITNESS



1. CHEST COMPRESSION

Keep your elbows parallel to the ground. Compress your Bullworker at chest height.



2. LAT PULL DOWN (BOTH SIDES)

In a straight motion pull down.



3. CHEST COMPRESSION (LOWER)

Compress your Bullworker at or below your waist.



4. BENT ROW (BOTH SIDES)

Pull upper cable using your back.

WEEKS 5-7

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



5. CHEST COMPRESSION (UPPER)

Compress your Bullworker at or above shoulder height.



7. SIDE CHEST COMPRESSION (BOTH SIDES)

Extend one arm fully and compress your Bow Classic with your opposite arm.



6. CABLE SPREAD

Keep your elbows parallel to the ground. Spread both cables evenly.



8. CABLE SPREAD (OVER HEAD)

Spread your Bullworker over head.

7-10 second isometric hold (60%-80% of max effort) followed by 12 reps

TOTAL BODY FITNESS



9. ONE LEG PRESS (BOTH SIDES)

Keep arms still and press your leg out.



10. SEATED DEADLIFT

Place both feet securely through bottom cable. Do not lock your knees. Keep your back straight. Spread the cables using your lower back.



11. HIP ABDUCTION

Spread cables apart using your outer hips.



12. HIP ADDUCTION

Compress using your inner thighs.

WEEKS 5-7

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



13. TRICEPS CABLE PUSH DOWN

Bend only at your elbow. Keep your back straight push both cables down.



14. HAMMER BICEPS CURL (BOTH SIDES)

Bend only at your elbow gripping the tube.



15. RESISTED CRUNCH

Place the Bullworker on your non-slip pad in front of your knees. Perform a crunch (keep arms straight).

WEEKS 8-10

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (15-30 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (30-45 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (45-60 minutes)

15 reps followed by a 7 second isometric hold, 10 reps followed by a 7 second isometric hold, 5 reps followed by a 7 second isometric hold for each exercise

60% - 80% of Maximum Effort

(Perform each exercise consecutively in a circuit)

Allow one day of rest in between for proper recovery time of your muscle groups.

***Stretching or light work with your ISO-BOW are great options on rest days.**

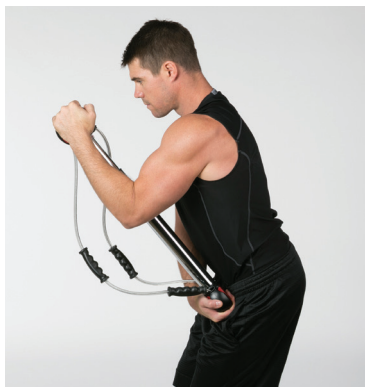
15 reps followed by a 7 second isometric hold, 10 reps followed by a 7 second isometric hold, 5 reps followed by a 7 second isometric hold for each exercise

TOTAL BODY FITNESS



1. CHEST COMPRESSION

Keep your elbows parallel to the ground. Compress your Bullworker at chest height.



2. LAT PULL DOWN (BOTH SIDES)

In a straight motion pull down.



3. CHEST COMPRESSION (LOWER)

Compress your Bullworker at or below your waist.



4. BENT ROW (BOTH SIDES)

Pull upper cable using your back.

WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



5. CHEST COMPRESSION (UPPER)

Compress your Bullworker at or above shoulder height.



6. CABLE SPREAD

Keep your elbows parallel to the ground. Spread both cables evenly.



7. SIDE CHEST COMPRESSION (BOTH SIDES)

Extend one arm fully and compress your Bullworker with your opposite arm.



8. SHOULDER COMPRESSION (BEHIND HEAD)

Compress behind your head.

15 reps followed by a 7 second isometric hold, 10 reps followed by a 7 second isometric hold, 5 reps followed by a 7 second isometric hold for each exercise

TOTAL BODY FITNESS



9. DELTOIDS CABLE SPREAD (BOTH SIDES)

Spread your Bullworker using top hand.



10. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)

Spread your Bow Classic at or below waist using top hand.



11. ONE LEG PRESS + CALF EXT (BOTH SIDES)

Keep arms still and press your leg out.



12. SEATED DEADLIFT

Place both feet securely through bottom cable. Do not lock your knees. Keep your back straight. Spread the cables using your back.

WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



13. HIP ABDUCTION

Compress using your inner thighs.



14. HIP ADDUCTION

Compress using your inner thighs.



15. TRICEPS CABLE PUSH DOWN

Bend only at your elbow. Keep your back straight. Push both cables down.



16. BICEPS CABLE CURL (BOTH SIDES)

Bend only at your elbow.

15 reps followed by a 7 second isometric hold, 10 reps followed by a 7 second isometric hold, 5 reps followed by a 7 second isometric hold for each exercise

TOTAL BODY FITNESS



17. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push underneath cable down.



18. HAMMER BICEPS CURL (BOTH SIDES)

Bend only at your elbow gripping the tube.



19. RESISTED CRUNCH

Place the Bullworker on your non-slip pad in front of your knees. Perform a crunch (keep arms straight)

WEEKS 11-13

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (15-30 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (30-45 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (45-60 minutes)

7 - 10 second isometric hold
(60%-80% of max effort) followed by 20 reps.

(Perform each exercise consecutively in a circuit)

Allow one day of rest in between for proper recovery time of your muscle groups.

***Stretching or light work with your ISO-BOW are great options on rest days.**

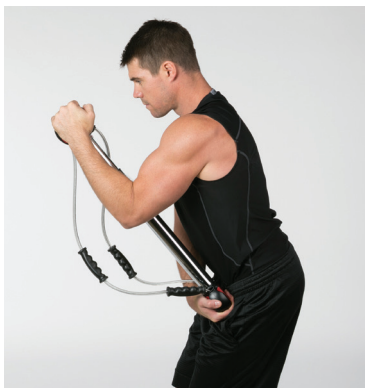
7-10 second isometric hold (60%-80% of max effort) followed by 20 reps

TOTAL BODY FITNESS



1. CHEST COMPRESSION

Keep your elbows parallel to the ground. Compress your Bullworker at chest height.



2. LAT PULL DOWN (BOTH SIDES)

In a straight motion pull down.



3. CHEST COMPRESSION (LOWER)

Compress your Bullworker at or below your waist.



4. BENT ROW (BOTH SIDES)

Pull upper cable using your back.

WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



5. CHEST COMPRESSION (UPPER)

Compress your Bullworker at or above shoulder height.



6. CABLE SPREAD

Keeping your elbows parallel to the ground spread both cables evenly.



7. SIDE CHEST COMPRESSION (BOTH SIDES)

Extend one arm fully and compress your Bow Classic with your opposite arm.



8. SHOULDER COMPRESSION (BEHIND HEAD)

Compress behind your head.

7-10 second isometric hold (60%-80% of max effort) followed by 20 reps

TOTAL BODY FITNESS



9. REVERSE GRIP CHEST COMPRESSION (LOWER)

Compress your Bullworker using an underhand grip at waist height.



11. DELTOIDS CABLE SPREAD (BOTH SIDES)

Spread your Bullworker using top hand.



10. UPRIGHT ROW

Pull upper cable using your back and shoulders.



12. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)

Spread your Bullworker at or below waist using above hand.

WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



13. ONE LEG PRESS + CALF EXT (BOTH SIDES)

Keep arms still and press your leg out. Follow with calf extensions.



14. DEADLIFT

Place both feet securely on bottom cable. Bend knees. Keep your back straight. Spread cables in a squatting manner.



15. SEATED DEADLIFT

Place both feet securely through bottom cable. Do not lock your knees. Keep your back straight. Spread the cables using your back.



16. HIP ABDUCTION

Compress using your inner thighs.

7-10 second isometric hold (60%-80% of max effort) followed by 20 reps

TOTAL BODY FITNESS



17. HIP ADDUCTION

Compress using your inner thighs.



18. SEATED HIP FLEXOR CABLE SPREAD

Raise top leg.



19. TRICEPS CABLE PUSH DOWN

Bend only at your elbow. Keep your back straight. Push both cables down.



20. BICEPS CABLE CURL (BOTH SIDES)

Bend only at your elbow.

WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

TOTAL BODY FITNESS



21. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push underneath cable down.



22. HAMMER BICEPS CURL (BOTH SIDES)

Bend only at your elbow gripping the tube. Curl.



23. RESISTED CRUNCH

Place the Bullworker on your non-slip pad in front of your knees. Perform a crunch (keep arms straight)

YOU MAY ALSO LIKE



Steel Bow: The dumbbell of Bullworker is a shorter version (20") of the Bow Classic giving you more versatility, muscle targeting, and traveling capabilities.



ISO-BOW: A pocket sized fitness device designed for enhanced stretches to increase your flexibility, relieve pain and improve recovery time. Strengthen your muscles and burn calories to tone your body.



ISO-FLO: Enhance your Bullworker and fitness experience with ISO-FLO straps to strengthening your core and improving your range of motion. Integrates with your Bow Classic and Steel Bow for added range of motion for your deadlifts, leg presses, curls, and other exercises.



ISO-GYM: Tone your body, strengthen your muscles, and improve your flexibility. The Iso-Gym uses Bodyweight Suspension Fitness techniques with natural body movements for stronger daily movements. Use controlled resistance and target the muscles you desire while engaging your entire body at home or on the go.

Order on bullworker.com or 



BULLWORKER
Redefining Fitness®
SINCE 1962

bullworker.com

info@bullworker.com

© Copyright 2020 Bullworker products are distributed by
ISO-MOTION FITNESS LLC, an authorized distributor of Bullworker®