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**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 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; 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 attained.

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.
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.
**SPRINGS & GRIPS**

**Spring Change**

Grip thin steel tube and release tension of your Bullworker. Twist handle off, release slowly, and change spring. Place spring over plastic guide. Ensure black stopper is placed correctly in tube. Repeat in reverse order.

*Ensure your Steel Bow is secure and not pointed towards face or other fragile areas. Do not jump to level 5, progress from each level spring to ensure you can disassemble unit. Do not compress tube with your head over tube.*


- **White Spring - Level 1:** Approximately 0 - 35 LBS
- **Gold Spring - Level 2:** Approximately 0 - 55 LBS
- **Grey Spring - Level 3:** Approximately 0 - 80 LBS
- **Black Spring - Level 4:** Approximately 0-100 LBS
- **Red Spring - Level 5:** Approximately 0 - 130 LBS

**Grips**

Ensure you apply pressure to side without split

Slightly open your grip and slide to desired position
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)
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.
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**

**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.
Choose your exercise variation(s) from page 7 and perform the following exercises consecutively.

1. Chest Compression  Reference page 15
2. Cable Spread  Reference page 12
3. Lower Chest Compression  Reference page 15
4. Archer (Both Sides)  Reference page 12
5. Chest Compression (Upper)  Reference page 15
6. Overhead Cable Spread  Reference page 13
7. Reverse Grip Chest Compression  Reference page 16
8. Lat Pull Down (Both Sides)  Reference page 12
9. Deadlift  Reference page 19
10. Deltoid Cable Spread (Both Sides)  Reference page 14
11. Upright Row  Reference page 13
12. Hip Abduction  Reference page 19
13. Hip Adduction  Reference page 19
14. Leg & Calf Extension (Both Sides)  Reference page 19
15. Seated Hip Flexor Cable Spread (Both Sides)  Reference page 20
16. Triceps Extension (Both Sides)  Reference page 18
17. Biceps Curl (Both Sides)  Reference page 17
18. Resisted Crunch  Reference page 21
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.

CABLE SPREAD
Muscles Engaged: Upper Back and 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.

SHOULDER COMPRESSION (BEHIND HEAD)
Muscles Engaged: Shoulders - Upper Back
• Compress your Steel Bow behind your head.
**BEHIND BACK COMPRESSION (LOWER)**

**Muscles Engaged:** Lats - Upper Back - Shoulders
- Ensure Steel Bow is parallel to the ground
- Compress

*Do not exceed maximum compression*

---

**UPRIGHT ROW**

**Muscles Engaged:** Shoulders - Upper Back
- Place foot securely through bottom cable. Keep your back straight. Spread the cables using your upper back and shoulders.

---

**SHOULDER COMPRESSION (OVER HEAD)**

**Muscles Engaged:** Chest - Shoulders
- Place arms directly over head
- Compress

---

**CABLE SPREAD (OVER HEAD)**

**Muscles Engaged:** Shoulders - Upper Back
- Ensure hand grips are placed in the middle of the cables
- Spread your Steel Bow over head
**DELTOIDS CABLE SPREAD (BOTH SIDES)**

**Muscles Engaged:** Deltoids - Shoulder
- Ensure hand grips are placed in the middle of the cables
- Spread your Steel Bow using above hand

**DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)**

**Muscles Engaged:** Deltoids - Shoulder
- Ensure hand grips are placed in the middle of the cables
- Spread your Steel Bow at or below waist using above hand
CHEST COMPRESSION
Muscles Engaged: Chest - Shoulders
• Ensure elbows are parallel to the ground in front of your chest
• Compress

CHEST COMPRESSION (LOWER)
Muscles Engaged: Chest - Shoulders
• Compress your Steel Bow at or below your waist

CHEST COMPRESSION (UPPER)
Muscles Engaged: Chest - Shoulders
• Compress your Steel Bow at or above shoulder height

SIDE CHEST COMPRESSION (BOTH SIDES)
Muscles Engaged: Chest - Shoulders - Triceps
• Extend one arm fully and compress your Steel Bow with your opposite arm
**REVERSE GRIP CHEST COMPRESSION**

*Muscles Engaged:* Chest - Shoulders

- Compress your Steel Bow using an underhand grip of the tubes at chest height
**HAMMER BICEPS CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps
- Grip lower tube
- Keep upper arm still. Curl upwards bending only at the elbow

---

**BICEPS CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps
- Keep upper arm still. Curl upwards bending only at the elbow

---

**CONCENTRATION BICEPS CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps
- Place foot securely in cable
- Curl cable bending only at the elbow

---

**BICEPS CABLE CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps
- Keep bottom arm still. Curl cable upwards bending only at the elbow.
TRICEPS CABLE PUSH DOWN
Muscles Engaged: Triceps
• Bend only at your elbow. Keep your back straight. Push both cables down
• Ensure 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 OVER HEAD EXTENSION (BOTH SIDES)
Muscles Engaged: Triceps
• Ensure hand grips are placed in the middle of the cables
• Bend only at your elbow. Extend cable up.

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.
DEADLIFT (BOTH LEGS)
Muscles Engaged: Lower Back - Quadriceps - Glutes - Hamstrings
• Place foot securely on bottom cable. Bend your knees. Keep your back straight. Spread cables in a squatting manner.

*Do not exceed maximum compression

HIP ADDUCTION
Muscles Engaged: Inner Thighs - Groin
• Place both hands securely inside of knees
• Compress your legs

HIP ABDUCTION
Muscles Engaged: Outside Hips - Thighs
• Holdgrips centered. Place both cables securely on outside of knees
• Spread your legs.

LEG PRESS & CALF EXTENSION (BOTH SIDES)
Muscles Engaged: Legs - Calves
• Place foot securely through cable
• Press leg out. Finish by pointing toes and slowly releasing
LEGS

SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

Muscles Engaged:
Hip Flexor - Lower Abs
- Place one foot securely on bottom cable and one foot securely under top cable
- Raise top leg
RESISTED CRUNCH
Muscles Engaged: Abs - Lower Back
• Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left (keeping arms still)
*Variation, stand and place Steel Bow on secure raised surface. Perform Crunch.

SEATED LOWER AB RAISE (BOTH SIDES)
Muscles Engaged:
Lower Abs - Hip Flexor
• Place non slip pad on knee
• Holding Steel Bow securely raise your knee keeping your arms in place
BULLWORKER 90 DAY TRANSFORMATION is designed as a progressive exercise program to strengthen your muscles, improve your range of motion, and burn calories to help tone your body.

This routine uses a combination of isometric and isotonic exercises. Start with an isometric hold for 7 seconds at 60% - 80% of your maximum effort followed with 10 isotonic repetitions.

**Week 1** you will perform one set of each exercise.

**Weeks 2 – 13** Complete each routines “A” and “B” twice for a total of four days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.
# Measurements

**Goal** (Specific, Measurable, Attainable, Relevant, Time Bound)

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**Goal:** Specific, Measurable, Attainable, Relevant, Time Bound
WEEK 1
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest. Compress.

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

3. DEADLIFT (BOTH LEGS)
Keep your back straight. Spread cables in a squatting manner.

4. SHOULDER COMPRESSION (OVER HEAD)
Place arms directly over head. Compress.
3 days with a rest day in between each day

5. TRICEPS PUSH DOWN (BOTH SIDES)
Bend only at your elbow. Push cable down.

6. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards. Bend only at the elbow.

7. RESISTED CRUNCH
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.
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)

7-second isometric hold
(60%-80% of max effort) followed by 10 reps.
(Perform each exercise consecutively in a circuit)

Complete both routines “A” and “B” twice each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups.

Example Week:
Day 1: Routine A
Day 2: Routine B
Day 3: Routine A
Day 4: Routine B
1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest. Compress.

2. CHEST COMPRESSION (LOWER)
Compress your Steel Bow at or below your waist.

3. CHEST COMPRESSION (UPPER)
Compress your Steel Bow at or above shoulder height.

4. REVERSE GRIP CHEST COMPRESSION
Compress using an underhand grip.

7-second isometric hold (60%-80% of max effort) followed by 10 reps.
WEEKS 2-4

CHEST, TRICEPS, LEGS, ABS

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)

5. CABLE SPREAD (OVER HEAD)
Spread your Steel Bow over head.

6. DELTOIDS CABLE SPREAD (BOTH SIDES)
Spread your Steel Bow using top hand (chest height).

7. TRICEPS PUSH DOWN (BOTH SIDES)
Bend only at your elbow. Push cable down.

8. RESISTED CRUNCH (ALL SIDES)
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

**BACK, LEGS, BICEPS**

1. **CABLE SPREAD**
   Keep elbows parallel to the ground. Spread both cables evenly.

2. **ARCHER (BOTH SIDES)**
   Extend one arm. Spread cable using opposite arm.

3. **LAT PULL DOWN (BOTH SIDES)**
   Ensure hand grip is placed securely on your upper thigh. Pull down in a straight motion.

4. **SHOULDER COMPRESSION (BEHIND HEAD)**
   Compress your Steel Bow behind your head.
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)

BACK, LEGS, BICEPS

5. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

6. HAMMER BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

7. DEADLIFT (BOTH LEGS)
keep your back straight. Spread cables in a squatting manner.

8. HIP ABDUCTION
Spread your legs.
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

9. HIP ADDUCTION
Compress your legs.

10. LEG PRESS & CALF EXTENSION (BOTH SIDES)
Press leg out. Finish by pointing toes and slowly releasing.
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-second isometric hold
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively in a circuit)

Complete both routines “A” and “B” twice each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups.

Example Week:
Day 1: Routine A
Day 2: Routine B
Day 3: Routine A
Day 4: Routine B
Isometric hold (60%–80% of maximum effort) followed by 10 repetitions.

### A CHEST, SHOULDERS, TRICEPS, ABS

1. **CHEST COMPRESSION**
   Ensure elbows are parallel to the ground in front of your chest. Compress.

2. **CHEST COMPRESSION (LOWER)**
   Compress your Steel Bow at or below your waist.

3. **CHEST COMPRESSION (UPPER)**
   Compress your Steel Bow at or above shoulder height.

4. **SIDE CHEST COMPRESSION (BOTH SIDES)**
   Compress your Steel Bow with your opposite arm.
WEEKS 5-7

CHEST, SHOULDERS, TRICEPS, ABS

A

5. REVERSE GRIP CHEST COMPRESSION
Compress using an underhand grip.

6. CABLE SPREAD (OVER HEAD)
Spread your Steel Bow over head.

7. DELTOIDS CABLE SPREAD (BOTH SIDES)
Spread your Steel Bow using top hand (chest height).

8. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)
Spread your Steel Bow using top hand (waist height).

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)
9. TRICEPS PUSH DOWN (BOTH SIDES)
Bend only at your elbow. Push cable down.

10. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Extend cable up.

11. RESISTED CRUNCH
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
B  BACK, LEGS, BICEPS

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

2. ARCHER (BOTH SIDES)
Extend one arm. Spread cable using opposite arm.

3. LAT PULL DOWN (BOTH SIDES)
Ensure hand grip is placed securely on your upper thigh and pull down in a straight motion.

4. SHOULDER COMPRESSION (BEHIND HEAD)
Compress your Steel Bow behind your head.

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)
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

5. HAMMER BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

6. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

7. DEADLIFT (BOTH LEGS)
keep your back straight. Spread cables in a squatting manner.

8. HIP ABDUCTION
Spread your legs.
9. HIP ADDUCTION
Compress your legs.

10. CALF EXTENSION (BOTH SIDES)
Press leg out. Finish by pointing toes and slowly releasing.
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)

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

(Perform each exercise consecutively in a circuit)

Complete both routines “A” and “B” twice each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups.

Example Week:
Day 1: Routine A
Day 2: Routine B
Day 3: Routine A
Day 4: Routine B
1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest. Compress.

2. CHEST COMPRESSION (LOWER)
Compress your Steel Bow at or below your waist.

3. CHEST COMPRESSION (UPPER)
Compress your Steel Bow at or above shoulder height.

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Compress your Steel Bow with your opposite arm.

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)

A CHEST, SHOULDERS, TRICEPS, ABS
5. REVERSE GRIP CHEST COMPRESSION
Compress using an underhand grip.

6. CABLE SPREAD (OVER HEAD)
Spread your Steel Bow over head.

7. DELTOIDS CABLE SPREAD (BOTH SIDES)
Spread your Steel Bow using top hand (chest height).

8. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)
Spread your Steel Bow using top hand (waist height).

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
9. TRICEPS PUSH DOWN (BOTH SIDES)
Bending only at your elbow, push cable down.

10. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Extend cable up.

11. TRICEPS CABLE PUSH DOWN
Push both cables down.

12. SEATED LOWER AB RAISE (BOTH SIDES)
Raise knee keeping arms still.

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)
13. RESISTED CRUNCH
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
1. CABLE SPREAD
Keep your elbows parallel to the ground. Spread both cables evenly.

2. ARCHER (BOTH SIDES)
Extend one arm. Spread cable using opposite arm.

3. LAT PULL DOWN (BOTH SIDES)
Ensure hand grip is placed securely on your upper thigh and pull down in a straight motion.

4. SHOULDER COMPRESSION (BEHIND HEAD)
Compress your Steel Bow behind your head.
BACK, LEGS, BICEPS

5. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

6. HAMMER BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

7. BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

8. DEADLIFT (BOTH LEGS)
keep your back straight and spread cables in a squatting manner.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
**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)

**B BACK, LEGS, BICEPS**

9. **CALF EXTENSION (BOTH SIDES)**
Press leg out. Finish by pointing toes and slowly releasing.

10. **HIP ABDUCTION**
Spread your legs.

11. **HIP ADDUCTION**
Compress your legs.

12. **SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)**
Raise top leg.
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-second isometric hold
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively in a circuit)

Complete both routines “A” and “B” twice each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups.

Example Week:
Day 1: Routine A
Day 2: Routine B
Day 3: Routine A
Day 4: Routine B
A CHEST, SHOULDERS, TRICEPS, ABS

1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest. Compress.

2. CHEST COMPRESSION (LOWER)
Compress your Steel Bow at or below your waist.

3. CHEST COMPRESSION (UPPER)
Compress your Steel Bow at or above shoulder height.

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Compress your Steel Bow with your opposite arm.

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)
5. REVERSE GRIP CHEST COMPRESSION
Compress using an underhand grip.

6. CABLE SPREAD (OVER HEAD)
Spread your Steel Bow over head.

7. DELTOIDS CABLE SPREAD (BOTH SIDES)
Spread your Steel Bow using top hand (chest height).

8. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)
Spread your Steel Bow using top hand (waist height).
9. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Extend cable up.

10. TRICEPS PUSH DOWN (BOTH SIDES)
Bending only at your elbow, push cable down.

11. TRICEPS CABLE PUSH DOWN
Push both cables down.

12. SEATED LOWER AB RAISE (BOTH SIDES)
Raise knee keeping arms still.
13. RESISTED CRUNCH
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
B BACK, LEGS, BICEPS

1. CABLE SPREAD
Keeping your elbows parallel to the ground. Spread both cables evenly.

2. ARCHER (BOTH SIDES)
Extend one arm. Spread cable using opposite arm.

3. LAT PULL DOWN (BOTH SIDES)
Ensure hand grip is placed securely on your upper thigh and pull down in a straight motion.

4. SHOULDER COMPRESSION (BEHIND HEAD)
Compress your Steel Bow behind your head.

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)
5. DEADLIFT (BOTH LEGS)
keep your back straight. Spread cables in a squatting manner.

6. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

7. HAMMER BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

8. BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
9. UPRIGHT ROW
Keep your back straight. Spread the cables using your upper back.

10. CALF EXTENSION (BOTH SIDES)
Press leg out. Finish by pointing toes and slowly releasing.

11. HIP ABDUCTION
Spread your legs.

12. HIP ADDUCTION
Compress your legs.
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

13. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Raise top leg.
BULLWORKER 90 DAY TRANSFORMATION is designed as a progressive exercise program to strengthen your muscles, improve your range of motion, and burn calories to help tone your body.

This routine uses a combination of isometric and isotonic exercises. Start with an isometric hold for 7 seconds at 60% - 80% of your maximum effort followed with 10 isotonic repetitions.

**Week 1** you will perform one set of each exercise

**Weeks 2 – 13** Complete each routine “A” and “B” twice for a total of four days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.
# Measurements

**Goal** (Specific, Measurable, Attainable, Relevant, Time Bound)

<table>
<thead>
<tr>
<th>Before</th>
<th>After Week 1</th>
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<th>Final Results</th>
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<tr>
<td>Waist</td>
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</table>
WEEK 1
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest. Compress.

2. CABLE SPREAD
Keeping your elbows parallel to the ground. Spread both cables evenly.

3. DEADLIFT
keep your back straight and lean back.

4. SHOULDER COMPRESSION (OVER HEAD)
Place arms directly over head, compress.
3 days with a rest day in between each day

5. TRICEPS CABLE PUSH DOWN
Push both cables down.

6. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

7. RESISTED CRUNCH
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.
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)

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

(Perform each exercise consecutively in a circuit)

Complete both routines “A” and “B” twice each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups.

Example Week:
Day 1: Routine A
Day 2: Routine B
Day 3: Routine A
Day 4: Routine B
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

A CHEST, TRICEPS, LEGS, ABS

1. CHEST COMPRESSION
   Ensure elbows are parallel to the ground in front of your chest.
   Compress.

2. CHEST COMPRESSION (LOWER)
   Compress your Steel Bow at or below your waist.

3. CHEST COMPRESSION (UPPER)
   Compress your Steel Bow at or above shoulder height.

4. CABLE SPREAD (OVER HEAD)
   Spread your Steel Bow over head.
WEEKS 2-4

A CHEST, TRICEPS, LEGS, ABS

5. DELTOIDS CABLE SPREAD (BOTH SIDES)
Spread your Steel Bow using top hand.

6. LEG PRESS
Press legs.
*Do not exceed maximum compression

7. TRICEPS CABLE PUSH DOWN
Push both cables down.

8. RESISTED CRUNCH (ALL SIDES)
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.
1. **CABLE SPREAD**
Keeping your elbows parallel to the ground. Spread both cables evenly.

2. **ARCHER (BOTH SIDES)**
Extend one arm. Spread cable using opposite arm.

3. **LAT PULL DOWN (BOTH SIDES)**
Ensure hand grip is placed securely on your upper thigh and pull down in a straight motion.

4. **SHOULDER COMPRESSION (OVER HEAD)**
Place arms directly over head, compress.

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

**B BACK, LEGS, BICEPS**

5. **BICEPS CABLE CURL (BOTH SIDES)**
   Curl upwards bending only at the elbow.

6. **DEADLIFT**
   Keep your back straight. Lean back.

7. **HIP ABDUCTION**
   Spread your legs.

8. **HIP ADDUCTION**
   Compress your legs.
9. CALF EXTENSION (BOTH SIDES)
Press leg out. Finish by pointing toes and slowly releasing.

7-second isometric hold (60%-80% of max effort) followed by 10 reps.
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-second isometric hold
(60%-80% of max effort) followed by 10 reps.
(Perform each exercise consecutively in a circuit)

Complete both routines “A” and “B” twice each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups.

Example Week:
Day 1: Routine A
Day 2: Routine B
Day 3: Routine A
Day 4: Routine B
1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest. Compress.

2. CHEST COMPRESSION (LOWER)
Compress your Steel Bow at or below your waist.

3. CHEST COMPRESSION (UPPER)
Compress your Steel Bow at or above shoulder height.

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Compress your Steel Bow with your opposite arm.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
A  CHEST, SHOULDERS, TRICEPS, ABS

5. CABLE SPREAD (OVER HEAD)
Spread your Steel Bow over head.

6. DELTOIDS CABLE SPREAD (BOTH SIDES)
Spread your Steel Bow using top hand.

7. CABLE SPREAD (LOWER)
Spread cables at waist height.

8. TRICEPS CABLE PUSH DOWN
Push both cables down.
9. RESISTED CRUNCH
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.
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)

B BACK, LEGS, BICEPS

1. CABLE SPREAD
   Keeping your elbows parallel to the ground. Spread both cables evenly.

2. ARCHER (BOTH SIDES)
   Extend one arm. Spread cable using opposite arm.

3. LAT PULL DOWN (BOTH SIDES)
   Ensure hand grip is placed securely on your upper thigh and pull down in a straight motion.

4. SHOULDER COMPRESSION (OVER HEAD)
   Place arms directly over head. Compress.
5. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

6. DEADLIFT
keep your back straight and lean back.

7. HIP ABDUCTION
Spread your legs.

8. HIP ADDUCTION
Compress your legs.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
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)

B BACK, LEGS, BICEPS

9. CALF EXTENSION (BOTH SIDES)
Press leg out. Finish by pointing toes and slowly releasing.
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)

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

(Perform each exercise consecutively in a circuit)

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Day 4: Routine B
A  CHEST, SHOULDERS, TRICEPS, ABS

1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest. Compress.

2. CHEST COMPRESSION (LOWER)
Compress your Steel Bow at or below your waist.

3. CHEST COMPRESSION (UPPER)
Compress your Steel Bow at or above shoulder height.

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Compress your Steel Bow with your opposite arm.

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)
75. **CABLE SPREAD (OVER HEAD)**
Spread your Steel Bow over head.

6. **DELTIODS CABLE SPREAD (BOTH SIDES)**
Spread your Steel Bow using top hand.

7. **CABLE SPREAD (LOWER)**
Spread cables at waist height.

8. **TRICEPS CABLE PUSH DOWN**
Push both cables down.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
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)

A CHEST, SHOULDERS, TRICEPS, ABS

9. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Bending only at your elbow, push out.

10. LEG PRESS
*Do not exceed maximum compression
Press legs.

11. RESISTED CRUNCH (ALL SIDES)
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.

12. SEATED LOWER AB RAISE (BOTH SIDES)
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

1. CABLE SPREAD
Keeping your elbows parallel to the ground. Spread both cables evenly.

2. ARCHER (BOTH SIDES)
Extend one arm. Spread cable using opposite arm.

3. LAT PULL DOWN (BOTH SIDES)
Ensure hand grip is placed securely on your upper thigh and pull down in a straight motion.

4. BACK COMPRESSION (OVER HEAD)
Place arms directly over head, compress.
5. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

6. BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

7. SEATED DEADLIFT
keep your back straight and lean back.

8. CALF EXTENSION (BOTH SIDES)
Press leg out. Finish by pointing toes and slowly releasing.
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

9. HIP ABDUCTION
Spread your legs.

10. HIP ADDUCTION
Compress your legs.

11. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Raise top leg.
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
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7-second isometric hold
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(Perform each exercise consecutively in a circuit)

Complete both routines “A” and “B” twice each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups.

Example Week:
Day 1: Routine A
Day 2: Routine B
Day 3: Routine A
Day 4: Routine B
1. CHEST COMPRESSION
Ensure elbows are parallel to the ground in front of your chest.
Compress your Steel Bow at or above shoulder height.

2. CHEST COMPRESSION (LOWER)
Compress your Steel Bow at or below your waist.

3. CHEST COMPRESSION (UPPER)
Compress your Steel Bow at or above shoulder height.

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Compress your Steel Bow with your opposite arm.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
CHEST, SHOULDERS, TRICEPS, ABS

5. CABLE SPREAD (OVER HEAD)  
Spread your Steel Bow over head.

6. DELTOIDS CABLE SPREAD (BOTH SIDES)  
Spread your Steel Bow using top hand.

7. CABLE SPREAD (LOWER)  
Spread cables at or below waist.

8. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)  
Bending only at your elbow, push out.

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)
9. TRICEPS CABLE PUSH DOWN
Push both cables down.

10. LEG PRESS
*Do not exceed maximum compression
Press legs.

11. RESISTED CRUNCH (ALL SIDES)
Placing the Steel Bow on your non-slip pad perform a crunch in center, right, and left.

12. SEATED LOWER AB RAISE (BOTH SIDES)
Raise knee keeping arms still.

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
1. CABLE SPREAD
Keeping your elbows parallel to the ground. Spread both cables evenly.

2. ARCHER (BOTH SIDES)
Extend one arm. Spread cable using opposite arm.

3. LAT PUSH DOWN
Ensure hand grip is placed securely on your non slip pad and push down in a straight motion.

4. SHOULDER COMPRESSION (OVER HEAD)
Place arms directly over head, compress.
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

5. BICEPS CABLE CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

6. BICEPS CURL (BOTH SIDES)
Curl upwards bending only at the elbow.

7. SEATED DEADLIFT
keep your back straight. Lean back.

8. CALF EXTENSION (BOTH SIDES)
Press leg out. Finish by pointing toes and slowly releasing.
9. HIP ABDUCTION
Spread your legs.

10. HIP ADDUCTION
Compress your legs.

11. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Raise top leg.
**YOU MAY ALSO LIKE**

**Bow Classic:** The barbell of Bullworker specializes in muscle power development and greater opportunity for legs.

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