

ISO - BOW



Enhance Your Flexibility

Increase Your Strength

Relieve Your Tension

Improve Your
Productivity

0-800 lbs of resistance



BULLWORKER

*Designed as a static fitness device giving you complete control and durability – does not stretch

Congratulations on Choosing Bullworker

Bullworker 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 convenience.

Enjoy the benefits of Bullworker 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!

Happy Training,
John & Chrisman Hughes



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 or others, and agree to release and discharge Bullworker from any and all claims or causes of action, known or unknown.

Proper Use

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.

Focus on Intentional Flexation, slow purposeful movement with engaged muscles.

Concentrate on your muscles being used. The slower the better.

Always maintain steady breathing, never hold your breath.

Always keep your core tight.

Rest muscle groups after heavy exercise for a minimum of 48 hours before engaging in heavy exercise again.

Optimum Bullworker Isometric Holds only require 60% - 80% of maximum effort for 7-10 seconds.

Stretching before and after helps recovery and enhances your range of motion.

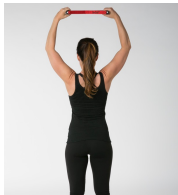
Keep joints in natural position during exercise. If pain develops, stop. Proper exercise is not painful.

Stretching and Flexibility Training

Experience more effective stretches with the added length of your ISO-BOW to make difficult stretches easier.

Hold each stretch for 10 - 30 seconds, the longer the better.

Back & Shoulders



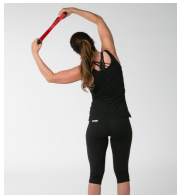
Overhead Reach (Shoulders - Lats)

Hold your ISO-BOW parallel to the ground. Stretch your arms to the sky.



Behind Head (Shoulders - Traps)

Hold your ISO-BOW parallel to the ground. Lower your arms/hands behind your head as far as you can.



Overhead Left Side Reach (Lats - Shoulders - Obliques)

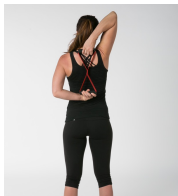
Keep your hands above your head. Lean and reach to your left. Pull with your left hand lengthening your right side.



Overhead Right Side Reach (Lats - Shoulders - Obliques)

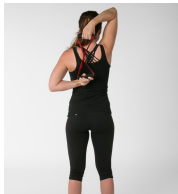
Keep your hands above your head. Lean and reach to your right. Pull with your right hand lengthening your left side.

Back & Shoulders



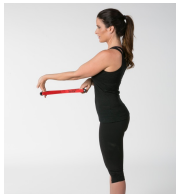
Over/Under Behind Back Pull Down (Shoulders - Triceps)

Hold your ISO-BOW behind your head (palm down). Reach under arm behind back (palm up). Pull down. Point your elbow to the sky. Alternate sides.



Over/Under Behind Back Pull Up (Shoulders - Biceps Tendon)

Hold your Iso-Bow behind your head (palm down). Reach under arm behind back (palm up). Pull up. Point your elbow to the sky. Alternate sides.



Underhand Forearm (Wrist - Forearm - Fingers)

Place ISO-BOW towards the top of your fingers. Pull back (fingers pointing down). Alternate sides.



Overhand Forearm (Wrist - Forearm - Fingers)

Place Iso-Bow towards the top of fingers. Pull back (fingers pointing up). Alternate sides.

Lower Body



Seated Hamstring (Hamstring - Calf - Lower Back)

Place ISO-BOW on ball of your foot. Keep your back as straight as you can. Pull/lean towards your foot. Alternate sides.



Lying Hamstring (Hamstring - Calf - Lower Back)

Place ISO-BOW on ball of your foot. Lie back as straight as you can. Pull your foot towards your head (slight bend in knee). Alternate sides.



Lying Single Leg Split (Hamstring - Groin - Hips - Calf - Lower Back)

Place ISO-BOW on ball of your foot. Keep back and shoulders flat on the ground. Pull foot to the side. Try to touch ground then pull foot towards your head (slight bend in knee). Alternate sides.



Lying Cross Body Leg Split (Hamstring - IT Band - Hips - Calf - Lower Back)

Place ISO-BOW on ball of your foot. Keep back and shoulders flat on the ground. Pull foot across body. Try to touch ground then pull your foot towards head (slight bend in knee). Alternate sides.

Lower Body



Lunging Quadriceps (Quadriceps - Hip Flexor)

Kneel, ensure your knee does not go past your toes. Place ISO-BOW securely over foot. Pull towards your butt. Press hips forward. Alternate sides.



Standing Quadriceps (Quadriceps - Hip Flexor)

Balance on one leg. Place ISO-BOW securely over opposite foot. Pull towards your butt. Alternate sides.



Standing Quadriceps Dancer (Quadriceps - Hip Flexor - Shoulder)

Balance on one leg. Place ISO-BOW securely over opposite foot. Pull towards your butt. Lean forward as far as you can keeping your back straight. Alternate sides.



Crescent Moon (Shoulder - Quadriceps - Hip Flexor - Hamstring)

Lunge (ensure knee does not go past toes) raise your arms over head extending for the sky. Keep back straight as possible (minimal curve). Alternate legs.

Lower Body



Standing Single Leg Split (Hamstring - Groin - Hips - Calf - Lower Back)

Balance on one leg. Place ISO-BOW securely on ball of opposite foot. Raise your leg up (knee slightly bent). Alternate sides.



Side Plank Single Leg Split (Hamstring - Groin - Hips - Calf - Lower Back - Core)

Balance on one leg and arm. Keep your hips up, engaging your core. Place ISO-BOW on ball of your foot. Pull leg upwards (knee slightly bent). Alternate sides.

Strength Training

Create your desired tension by pulling your ISO-BOW apart.

Use light tension to focus on improving your body's natural range of motion or maximum tension to strengthen your muscles.

Maintain your desired tension as you perform each exercise. There should not be any slack during exercise.

You control the resistance, you control the results. The harder you pull the more tension you create.

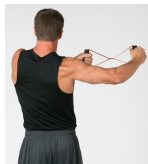
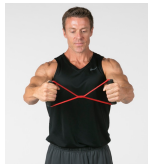
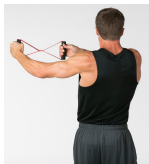
ISOMETRICS (STRENGTH BUILDING)

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

ISO-MOTION® (MOVEMENT PERFORMANCE)

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

Back & Shoulders



Shoulder Press (Shoulders - Forearms - Triceps)

Start at shoulder height. Reach your arm to the sky and back down (extend fully).
Alternate sides.

Lateral Posterior Deltoids (Shoulders – Forearms)

Hold your Iso-Bow at chest height. Keep your elbows slightly bent. Move side to side (keep shoulders and hips facing forward). Alternate sides.

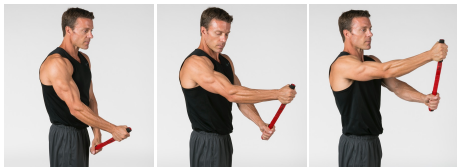
Back & Shoulders



Lateral Deltoids Raise (Shoulders - Forearms - Triceps)

Hold your ISO-BOW at waist. Keep your elbows slightly bent. Raise your arms parallel to the ground from side to side.

Back & Shoulders



Vertical Deltoids Raise (Shoulders - Forearms - Triceps)

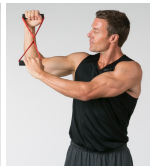
Start at waist height with vertical hand grips. Keep your elbows slightly bent. Raise your arm to shoulder height. Alternate sides.



Back Row (Rhomboids, Shoulders, Forearms, Triceps)

Hold your Iso-Bow at chest height. Extend and bend elbows in a row fashion. Alternate sides.

Back & Shoulders



Lateral Rotator Cuffs (Shoulders - Forearms)

Hold your ISO-BOW at waist height. Bend elbows to 90 degrees. Laterally pivot at elbow from left to right.

Vertical Rotator Cuffs (Shoulders - Forearms - Triceps)

Hold your ISO-BOW at shoulder height. Bend elbows to 90 degrees. Vertically pivot at elbow (parallel to ground to vertical forearm). Alternate sides.

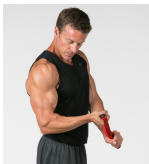
Grip Variation



Grip Variation to Shorten Length

Place one grip of your ISO-BOW in the horizontal position. Roll grip towards opposite grip. Grab grip and strap.

Biceps



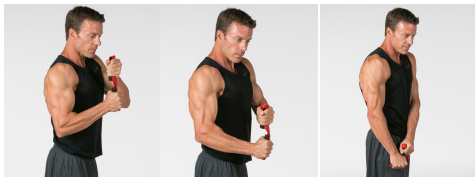
Biceps Curl (Biceps - Forearms - Triceps)

Use grip variation to shorten your ISO-BOW. Bend only at your elbow. Alternate sides.

Concentration Biceps Curl (Biceps, Forearms, Triceps)

Use grip variation to shorten your ISO-BOW. Place elbow against knee. Bend only at your elbow. Alternate sides.

Triceps



Triceps Pushdown (Triceps - Forearms - Biceps)

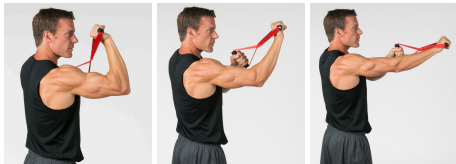
Use grip variation to shorten your ISO-BOW. Bending only at your elbow, extend arm. Alternate sides.



Triceps Kickbacks (Triceps - Forearms - Biceps)

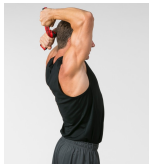
Use vertical handle position. Bend at your elbow only. Extend arm behind. Alternate sides.

Triceps



Triceps Push (Triceps - Forearms - Biceps)

Hold shoulder and elbow parallel to ground. Bend at your elbow only. Extend arm. Alternate sides.



Triceps Press (Triceps - Forearms - Biceps)

Use vertical grip. Hands behind head. Bend at elbow only. Extend arm. Alternate sides.

Chest



Chest Fly (Chest)

Cross arms. Contract/squeeze Iso-Bow. Maintain tension as you move up to forehead and down to waist.

Legs & Core



Leg Extension / Hamstring Curl (Quadriceps – Hamstrings – Glutes)

Place Iso-Bow over feet. Bending only at your knees, extend and contract legs. Keep tension. Alternate sides.



Knee Ups (Hip Flexor - Psoas - Core)

Place Iso-Bow over feet. Keep top foot bent at the knee. Bring your thigh to your chest and back down. Keep tension. Alternate Sides.

*Variation: place Iso-Bow over top of thigh.

Legs & Core



Core Circles (Core - Hips)

Place Iso-Bow over feet. Spread Iso-Bow. Keep tension. Circle your legs. Perform in each direction (clockwise and counter-clockwise)

*Variation: Large, Medium, and Small Circles.

Legs & Core



Core Swings (Core - Hips)

Place Iso-Bow over feet. Spread Iso-Bow. Keep tension. Move legs side to side (legs 1-2 feet off ground).

Core Wipers (Core - Hips)

Place Iso-Bow over feet. Spread Iso-Bow. Keep tension. Move legs side to side (legs pointing vertically).

ISO-BOW 70 Day Fitness Challenge

Perform as superset circuit (continuous, no rest in between exercises)

Foundational Strength – 1 Set

Muscle Enhancement – 2 Sets

Peak Performance – 3 Sets

Perform strength training followed by stretching 3-4 days per week

*Stretching recommended everyday

Hold stretches for a minimum of 10 seconds. The longer the better

Divide joint angles into thirds and perform an Isometric hold for 7-10 seconds at each angle

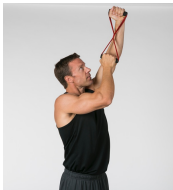
Example:

First third arm fully extended, second third half way extended, and final third fully contracted.

This will ensure complete muscle training.

Week 1: Strength Training

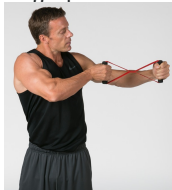
Isometric hold: Perform exercises at 60% - 80% of your maximum



1. Shoulder Press



2. Chest Fly



3. Back Row



4. Lateral Deltoids Raise



5. Vertical Deltoids Raise



6. Leg Extension/Hamstring Curl



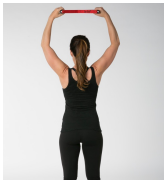
7. Biceps Curl



8. Triceps Pushdown

Week 1: Stretching & Flexibility Training

Use your ISO-BOW to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



1. Overhead Reach



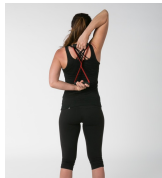
2. Behind Head



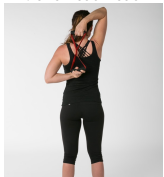
3. Overhead Left Side Reach



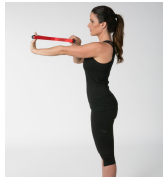
4. Overhead Right Side Reach



5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



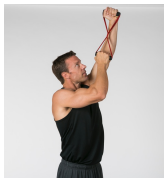
9. Seated Hamstring



10. Lunging Quadriceps

Weeks 2 - 4: Strength Training

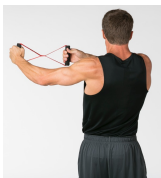
Perform isometric hold at 60% - 80% of your maximum effort followed by 12 repetitions



1. Shoulder Press



2. Lateral Deltoids Raise



3. Lateral Posterior



4. Vertical Deltoids Raise



5. Lateral Rotator Cuffs



6. Chest Fly



7. Back Row



8. Biceps Curl



9. Triceps Pushdown



10. Triceps Kickbacks

Weeks 2 - 4: Strength Training

Perform isometric hold at 60% - 80% of your maximum effort followed by 12 repetitions



11. Concentration Biceps Curl



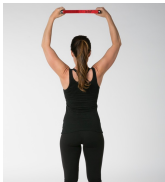
12. Leg Extension/Hamstring Curl



13. Knee Ups

Weeks 2 - 4: Stretching & Flexibility Training

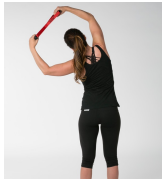
Use your ISO-BOW to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



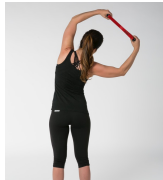
1. Overhead Reach



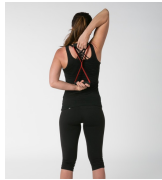
2. Behind Head



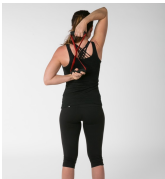
3. Overhead Left Side Reach



4. Overhead Right Side Reach



5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Weeks 2 - 4: Stretching & Flexibility Training

Use your ISO-BOW to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



11. Lying Hamstring



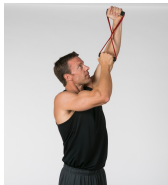
12. Lying One Legged Split



13. Lying Cross Body Leg Split

Weeks 5 - 7: Strength Training

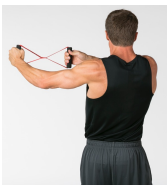
Perform isometric hold at 60% - 80% of your maximum effort followed by 12 repetitions



1. Shoulder Press



2. Lateral Deltoids Raise



3. Lateral Posterior



4. Vertical Deltoids Raise



5. Lateral Rotator Cuffs



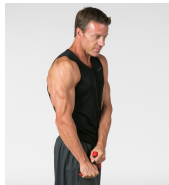
6. Chest Fly



7. Back Row



8. Biceps Curl



9. Triceps Pushdown



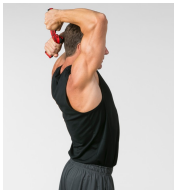
10. Triceps Kickbacks

Weeks 5 - 7: Strength Training

Perform isometric hold at 60% - 80% of your maximum effort followed by 12 repetitions



11. Concentration Biceps Curl



12. Triceps Press



13. Vertical Rotator Cuffs



14. Leg Extension/Hamstring Curl



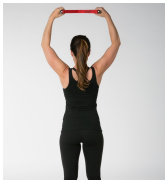
15. Knee Ups



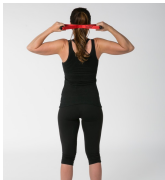
16. Lateral Core

Weeks 5 - 7: Stretching & Flexibility Training

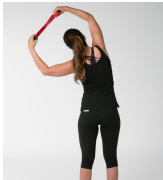
Use your ISO-BOW to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



1. Overhead Reach



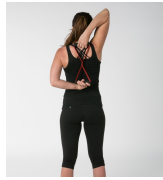
2. Behind Head



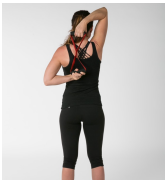
3. Overhead Left Side Reach



4. Overhead Right Side Reach



5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Weeks 5-7: Stretching & Flexibility Training

Use your ISO-BOW to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



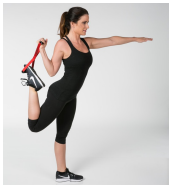
11. Lying Hamstring



12. Lying One Legged Split



13. Lying Cross Body Leg Split



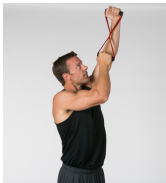
14. Standing Quadriceps



15. Standing One Legged Split

Weeks 8 - 10: Strength Training

Perform isometric hold at 60% - 80% of your maximum effort followed by 12 repetitions



1. Shoulder Press



2. Lateral Deltoids Raise



3. Lateral Posterior



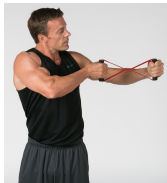
4. Vertical Deltoids Raise



5. Lateral Rotator Cuffs



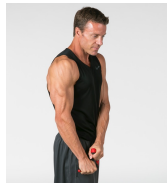
6. Chest Fly



7. Back Row



8. Biceps Curl



9. Triceps Pushdown



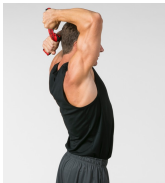
10. Triceps Kickbacks

Weeks 8 - 10: Strength Training

Perform isometric hold at 60% - 80% of your maximum effort followed by 12 repetitions



11. Concentration Biceps Curl



12. Triceps Press



13. Vertical Rotator Cuffs



14. Leg Extension/Hamstring Curl



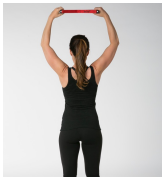
15. Knee Ups



16. Core Circles

Weeks 8 - 10: Stretching & Flexibility Training

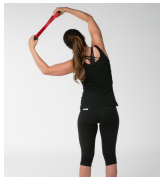
Use your ISO-BOW to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



1. Overhead Reach



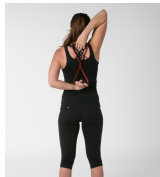
2. Behind Head



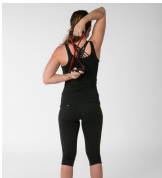
3. Overhead Left Side Reach



4. Overhead Right Side Reach



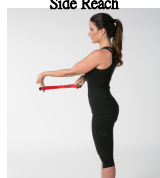
5. Over/Under Behind Back Pull Down



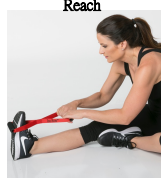
6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Weeks 8 - 10: Stretching & Flexibility Training

Use your ISO-BOW to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



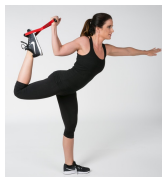
11. Lying Hamstring



12. Lying Cross
Body Leg Split



13. Lying One
Legged Split



14. Standing
Quadriceps Lean



15. Standing One
Legged Split



16. Side Plank One Leg Split



17. Crescent Moon