



BULLWORKER



BOW CLASSIC®



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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,



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:



BULLWORKER

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.

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 Bow Classic 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.



Blue Spring - Level 1: Approximately 0 - 25 LBS

Yellow Spring - Level 2: Approximately 0 - 50 LBS

Grey Spring - Level 3: Approximately 0 - 75 LBS

Black Spring - Level 4: Approximately 0-100 LBS

Red Spring - Level 5: Approximately 0 - 150 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)

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 HURRY

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 when you are in a crunch.

CHEST COMPRESSION



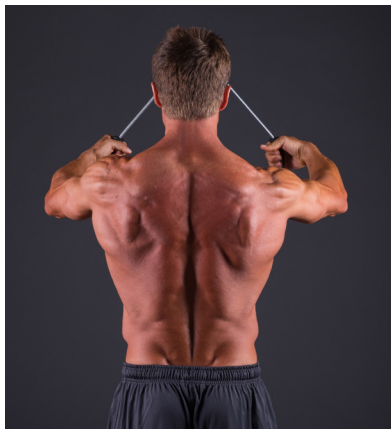
Muscles Engaged: Chest -
Shoulders - Core

- 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.



BOW CLASSIC POWER ROUTINE

Choose your exercise variation(s) from page 8 and perform the following exercises consecutively.

1. Chest Compression Page 16
2. Cable Spread Page 12
3. Lower Chest Compression Page 16
4. Archer (Both Sides) Page 12
5. Chest Compression (Upper) Page 16
6. Overhead Cable Spread Page 14
7. Reverse Grip Chest Compression Page 17
8. Lat Pull Down (Both Sides) Page 12
9. Deadlift Page 22
10. Deltoid Cable Spread (Both Sides) Page 15
11. One Leg Press (Both Sides) Page 22
12. Upright Row Page 13
13. Seated Deadlift Page 15
14. Hip Abduction Page 23
15. Hip Adduction Page 23
16. Calf Extension (Both Sides) Page 22
17. Seated Hip Flexor Cable Spread (Both Sides) Page 23
18. Triceps Cable Push Down Page 21
19. Biceps Curl (Both Sides) Page 19
20. Resisted Crunch Page 24

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

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.



SIDE CHEST 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

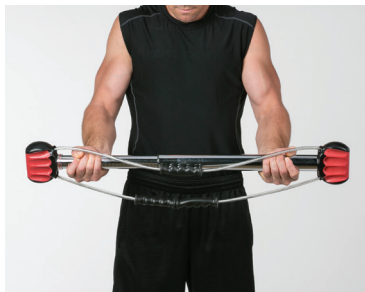
- Compress your Bow Classic using an underhand grip of the tubes at chest height.



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.



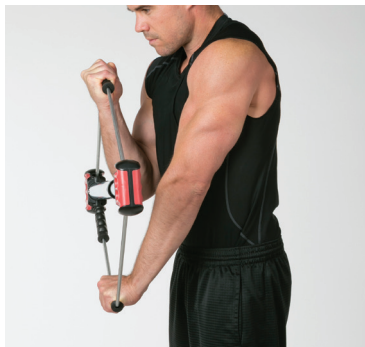
TRICEPS



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).

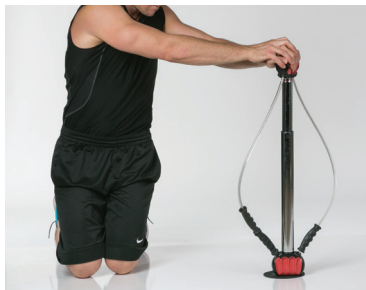


RESISTED CRUNCH

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.

90 DAY TRANSFORMATION

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 each week. Alternate days between “A” and “B” to allow proper recovery time for your muscle groups being worked.



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



1. CHEST COMPRESSION

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



2. CABLE SPREAD

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



3. DEADLIFT

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



4. CHEST COMPRESSION (UPPER)

Compress your Bow Classic at or above shoulder height.

3 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 Bow Classic 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)

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

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)

A CHEST, TRICEPS, ABS



1. CHEST COMPRESSION

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



2. CHEST COMPRESSION (LOWER)

Compress your Bow Classic at or below your waist.



3. CHEST COMPRESSION (UPPER)

Compress your Bow Classic at or above shoulder height.



4. REVERSE GRIP CHEST COMPRESSION

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

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

A CHEST, TRICEPS, ABS



5. CABLE SPREAD (OVER HEAD)

Spread your Bow Classic over head.



6. DELTOIDS CABLE SPREAD (BOTH SIDES)

Spread your Bow Classic using above hand.



7. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push bottom cable down.



8. TRICEPS CABLE PUSH DOWN

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

WEEKS 2-4

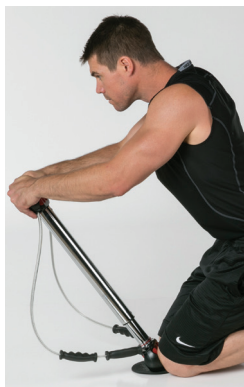
FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

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

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

A

CHEST, TRICEPS, LEGS, ABS



9. RESISTED CRUNCH

Place the Bow Classic on your non-slip pad in front of your knees.



10. PLANK CRUNCH

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

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

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)

In a straight motion pull down.



4. SHOULDER COMPRESSION (BEHIND HEAD)

Compress 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)

B BACK, LEGS, BICEPS



5. SEATED LAT PUSH DOWN

Press down with your arms extended.



6. BICEPS CABLE CURL (BOTH SIDES)

Bend only at your elbow.



7. HAMMER BICEPS CURL (BOTH SIDES)

Bend only at your elbow gripping the tube.



8. SEATED DEADLIFT

Keep back straight and hinge at your hips.

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

B BACK, LEGS, BICEPS



9. HIP ABDUCTION

Spread cables apart using your outer hips.



10. HIP ADDUCTION

Compress using your inner thighs.



11. CALF EXTENSION (BOTH SIDES)

Point your toe and release. Ensure cable is securely placed on your foot.

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

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



2. CHEST COMPRESSION (LOWER)

Compress your Bow Classic at or below your waist.



3. CHEST COMPRESSION (UPPER)

Compress your Bow Classic at or above shoulder height.



4. SIDE CHEST COMPRESSION (BOTH SIDES)

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

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)

A

CHEST, SHOULDERS, TRICEPS, ABS



5. REVERSE GRIP CHEST COMPRESSION

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



6. REVERSE GRIP CHEST COMPRESSION

Compress your Bow Classic using an underhand grip at waist height.



7. REVERSE GRIP CHEST COMPRESSION (UPPER)

Compress your Bow Classic using an underhand grip at or above shoulder height.



8. DELTOIDS CABLE SPREAD (BOTH SIDES)

Spread your Bow Classic using top hand.

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

A CHEST, SHOULDERS, TRICEPS, ABS



9. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)

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



10. CABLE SPREAD (OVER HEAD)

Spread your Bow Classic over head.



11. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push underneath cable down.



12. TRICEPS CABLE PUSH DOWN

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

A

CHEST, SHOULDERS, TRICEPS, ABS



13. RESISTED CRUNCH

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



14. PLANK CRUNCH

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

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

B BACK, LEGS, BICEPS



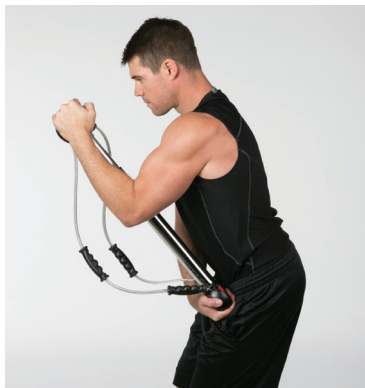
1. CABLE SPREAD

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)

In a straight motion pull down.



4. SHOULDER COMPRESSION (BEHIND HEAD)

Compress 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)

B BACK, LEGS, BICEPS



5. SEATED LAT PUSH DOWN

Press down with your arms extended.



6. DEADLIFT

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



7. HAMMER BICEPS CURL (BOTH SIDES)

Bend only at your elbow gripping the tube.



8. BICEPS CABLE CURL (BOTH SIDES)

Bend only at your elbow.

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

B BACK, LEGS, BICEPS



9. BENT ROW (BOTH SIDES)

Pull upper cable using your back.



10. HIP ABDUCTION

Spread cables apart using your outer hips.



11. HIP ADDUCTION

Compress using your inner thighs.



12. CALF EXTENSION (BOTH SIDES)

Point your toe and release. Ensure cable is securely placed on your foot.

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

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

A

CHEST, SHOULDERS, TRICEPS, ABS



1. CHEST COMPRESSION

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



2. CHEST COMPRESSION (LOWER)

Compress your Bow Classic at or below your waist.



3. CHEST COMPRESSION (UPPER)

Compress your Bow Classic at or above shoulder height.



4. SIDE CHEST COMPRESSION (BOTH SIDES)

Extend one arm fully and compress your Bow Classic 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 your Bow Classic using an underhand grip of the tubes at chest height.



6. INSIDE GRIP CHEST COMPRESSION

Compress your Bow Classic using an overhand grip at chest height.



7. REVERSE GRIP CHEST COMPRESSION (LOWER)

Compress your Bow Classic using an underhand grip at waist height.



8. INSIDE GRIP CHEST COMPRESSION (LOWER)

Compress your Bow Classic using an overhand grip at or below waist height.

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

A

CHEST, SHOULDERS, TRICEPS, ABS



9. REVERSE GRIP CHEST COMPRESSION (UPPER)

Compress your Bow Classic using an underhand grip at or above shoulder height.



10. INSIDE GRIP CHEST COMPRESSION (UPPER)

Compress your Bow Classic using an overhand grip at or above shoulder height.



11. DELTOIDS CABLE SPREAD (BOTH SIDES)

Spread your Bow Classic using top hand.



12. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)

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

A CHEST, SHOULDERS, TRICEPS, ABS



13. CABLE SPREAD (OVER HEAD)

Spread your Bow Classic over head.



14. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push underneath cable down.



15. TRICEPS CABLE PUSH DOWN

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



16. SEATED LOWER AB RAISE (BOTH SIDES)

Hold cables securely. Raise your knee. Keep your arms in place.

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

A CHEST, SHOULDERS, TRICEPS, ABS



17. RESISTED CRUNCH

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



18. PLANK CRUNCH

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

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



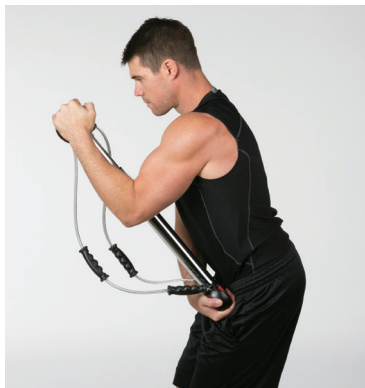
1. CABLE SPREAD

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)

In a straight motion pull down.



4. SHOULDER COMPRESSION (BEHIND HEAD)

Compress behind your head.

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

B BACK, LEGS, BICEPS



5. SEATED LAT PUSH DOWN

Press down with your arms extended.



6. DEADLIFT

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



7. UPRIGHT ROW

Pull upper cable using your back and shoulders.



8. BICEPS CABLE CURL (BOTH SIDES)

Bend only at your elbow.

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. HAMMER BICEPS CURL (BOTH SIDES)

Bend only at your elbow gripping the tube.



10. BICEPS CURL (BOTH SIDES)

Bend only at your elbow.



11. BENT ROW (BOTH SIDES)

Pull upper cable using your back.



12. HIP ABDUCTION

Spread cables apart using your outer hips.

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

B BACK, LEGS, BICEPS



13. HIP ADDUCTION

Compress using your inner thighs.



14. CALF EXTENSION (BOTH SIDES)

Point your toe and release. Ensure cable is securely placed on your foot.



15. 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

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

A

CHEST, SHOULDERS, TRICEPS, ABS



1. CHEST COMPRESSION

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



2. CHEST COMPRESSION (LOWER)

Compress your Bow Classic at or below your waist.



3. CHEST COMPRESSION (UPPER)

Compress your Bow Classic at or above shoulder height.



4. SIDE CHEST COMPRESSION (BOTH SIDES)

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

A CHEST, SHOULDERS, TRICEPS, ABS



5. REVERSE GRIP CHEST COMPRESSION

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



6. INSIDE GRIP CHEST COMPRESSION

Compress your Bow Classic using an overhand grip at chest height.



7. REVERSE GRIP CHEST COMPRESSION (LOWER)

Compress your Bow Classic using an underhand grip at waist height.



8. INSIDE GRIP CHEST COMPRESSION (LOWER)

Compress your Bow Classic using an overhand grip at or below waist height.

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

A CHEST, SHOULDERS, TRICEPS, ABS



9. REVERSE GRIP CHEST COMPRESSION

Compress your Bow Classic using an underhand grip at or above shoulder height.



10. INSIDE GRIP CHEST COMPRESSION (UPPER)

Compress your Bow Classic using an overhand grip at or above shoulder height.



11. CABLE SPREAD (OVER HEAD)

Spread your Bow Classic over head.



12. DELTOIDS CABLE SPREAD (BOTH SIDES)

Spread your Bow Classic using top hand.

A CHEST, SHOULDERS, TRICEPS, ABS



13. DELTOIDS CABLE SPREAD (LOWER - BOTH SIDES)

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



14. TRICEPS PUSH DOWN (BOTH SIDES)

Bend only at your elbow. Push bottom cable down.



15. TRICEPS CABLE PUSH DOWN

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



16. SEATED LOWER AB RAISE (BOTH SIDES)

Holding cables securely raise your knee keeping your arms in place.

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

A CHEST, SHOULDERS, TRICEPS, ABS



17. RESISTED CRUNCH

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



18. PLANK CRUNCH

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

B BACK, LEGS, BICEPS



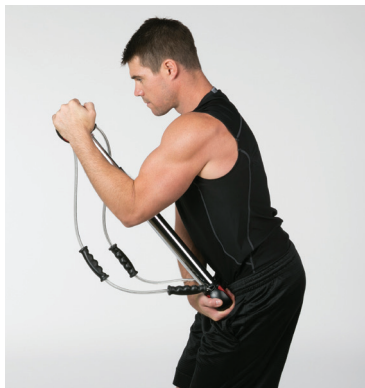
1. CABLE SPREAD

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)

In a straight motion pull down.



4. SHOULDER COMPRESSION (BEHIND HEAD)

Compress behind your head.

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

B BACK, LEGS, BICEPS



5. SEATED LAT PUSH DOWN

Press down with your arms extended.



6. DEADLIFT

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



7. UPRIGHT ROW

Pull upper cable using your back and shoulders.



8. 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)

B BACK, LEGS, BICEPS



9. HAMMER BICEPS CURL (BOTH SIDES)

Bend only at your elbow gripping the tube.



10. BICEPS CURL (BOTH SIDES)

Bend only at your elbow.



11. BENT ROW (BOTH SIDES)

Pull upper cable using your back.



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.

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

B BACK, LEGS, BICEPS



13. HIP ABDUCTION

Compress using your inner thighs.



14. HIP ADDUCTION

Compress using your inner thighs.



15. CALF EXTENSION (BOTH SIDES)

Point your toe and release. Ensure cable is securely placed on your foot.



16. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

Raise top leg.

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)

B BACK, LEGS, BICEPS



17. CONCENTRATION BICEPS CURL (BOTH SIDES)

Bend only at elbow.



18. ONE LEG PRESS (BOTH SIDES)

Keep arms still and press your leg out.



19. BACK ROW (LYING DOWN)

Keep legs still and row.



20. REVERSE GRIP ROW

Keep leg(s) still. Row with reverse grip.

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.



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