



BULLWORKER



STEEL BOW®



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CONGRATULATIONS ON CHOOSING BULLWORKER TO ACCOMPLISH YOUR FITNESS

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; 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.



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 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.



Blue Spring - Level 1: Approximately 0 - 20 LBS

Yellow Spring - Level 2: Approximately 0 - 40 LBS

Grey Spring - Level 3: Approximately 0 - 60 LBS

Black Spring - Level 4: Approximately 0-80 LBS

Red Spring - Level 5: Approximately 0 - 100 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 Steel Bow.

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.



STEEL BOW POWER ROUTINE

Choose your exercise variation(s) from page 8 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

BACK & SHOULDERS



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)

Muscles Engaged: Shoulders - Upper Back

- Compress your Steel Bow behind your head.

BACK & SHOULDERS



BEHIND BACK COMPRESSION (LOWER)

Muscles Engaged: Lats - Upper Back - Shoulders

- Ensure Steel Bow is parallel to the ground
- Compress



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.

*Do not exceed maximum compression



SHOULDER COMPRESSION

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.

BACK & SHOULDERS



DELTOIDS CABLE SPREAD (BOTH SIDES)

Muscles Engaged: Deltoids - Shoulder

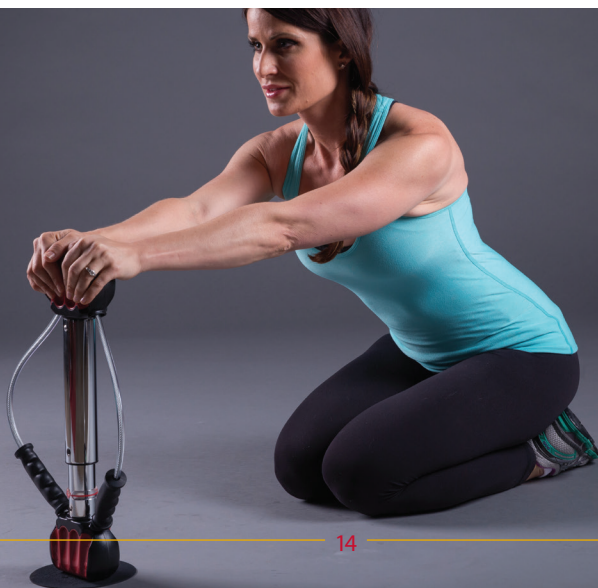
- Ensure hand grips are placed in the middle of the cables.
- Spread your Steel Bow using above hand.



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



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

Muscles Engaged: Chest - Shoulders - Triceps

- Extend one arm fully and compress your Steel Bow with your opposite arm.

CHEST



REVERSE GRIP CHEST COMPRESSION

Muscles Engaged: Chest -
Shoulders

- Compress your Steel Bow using an underhand grip of the tubes.



BICEPS



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



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.

LEGS



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 ABDUCTION

Muscles Engaged: Outside Hips
- Thighs

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



HIP ADDUCTION

Muscles Engaged: Inner Thighs
- Groin

- Place both hands securely inside of knees.
- Compress 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

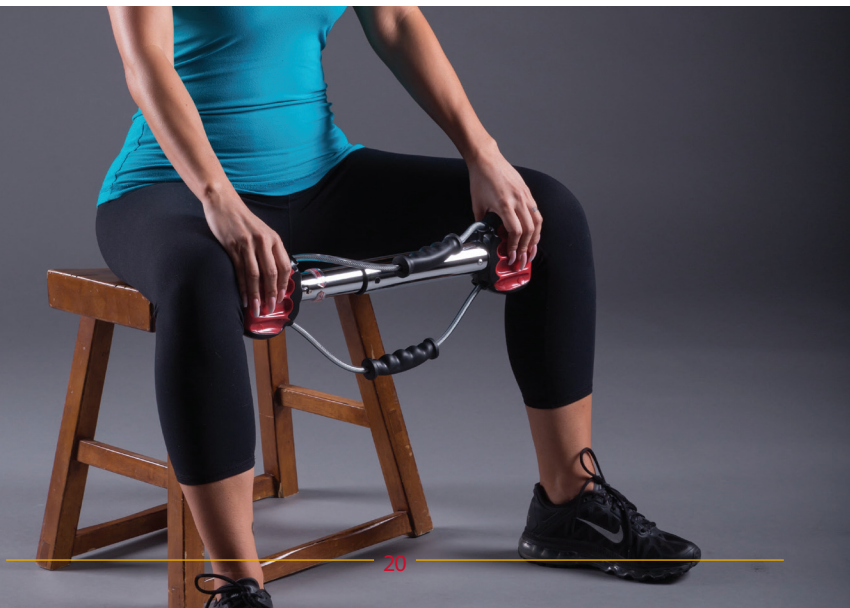


SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

Muscles Engaged:

Hip Flexor - Lower Abs

- Place one foot securely on bottom cable and one foot securely under top cable.





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.

90 DAY

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)

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 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

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. REVERSE GRIP CHEST COMPRESSION

Compress using an underhand grip.

A

CHEST, TRICEPS, LEGS, 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 (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.

B 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)

B 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.

B BACK, LEGS, BICEPS



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.



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.

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.

A CHEST, SHOULDERS, TRICEPS, ABS



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.

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.

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

B BACK, LEGS, BICEPS



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)

Keep your back straight. Spread cables in a squatting manner.



8. HIP ABDUCTION

Spread your legs.

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



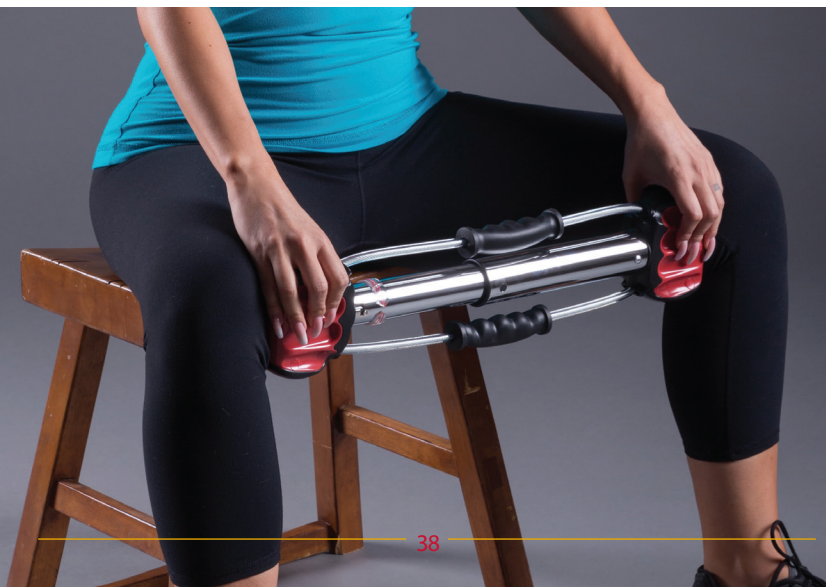
9. HIP ADDUCTION

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

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



1. CHEST COMPRESSION

Ensure elbows are parallel to the ground in front of your chest.



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. 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).

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 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.

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

A CHEST, SHOULDERS, TRICEPS, ABS



13. RESISTED CRUNCH

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



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)

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.

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

B 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

keep your back straight and spread cables in a squatting manner.

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.

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

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).

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)

A CHEST, SHOULDERS, TRICEPS, ABS



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.

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

A CHEST, SHOULDERS, TRICEPS, ABS



13. RESISTED CRUNCH

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



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



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.

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

B BACK, LEGS, BICEPS



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.

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. 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.

B BACK, LEGS, BICEPS



13. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

Raise top leg.



90 DAY

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)

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 _____

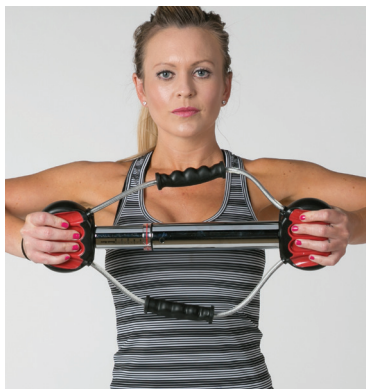
TRICEPS _____

CHEST _____

WEIGHT _____

WEEK 1

7-second isometric hold (60%-80% of 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

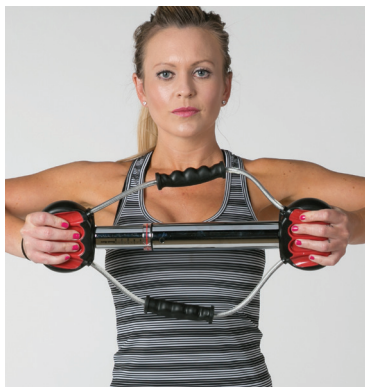
Day 3: Routine A

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.

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.

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)

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.

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.

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

B BACK, LEGS, BICEPS



9. 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

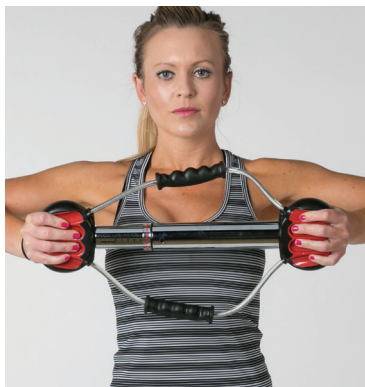
Day 2: Routine B

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.



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.

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

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.

A CHEST, SHOULDERS, TRICEPS, ABS



9. RESISTED CRUNCH

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



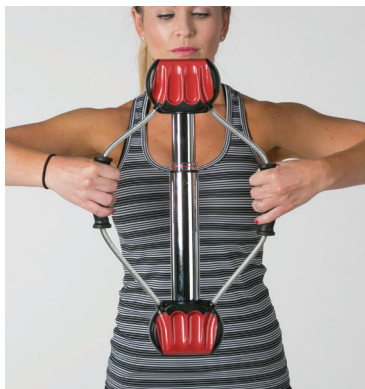
WEEKS 5-7

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.

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

B BACK, LEGS, BICEPS



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.

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)

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 8-10

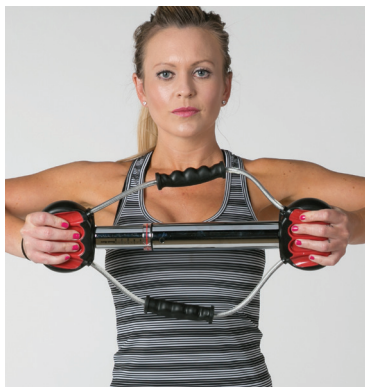
FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

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

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

A

CHEST, SHOULDERS, TRICEPS, ABS



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

Spread cables at waist height.



8. TRICEPS CABLE PUSH DOWN

Push both cables down.

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.



11. RESISTED CRUNCH (ALL SIDES)

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



10. LEG PRESS

**Do not exceed maximum compression*
Press legs.

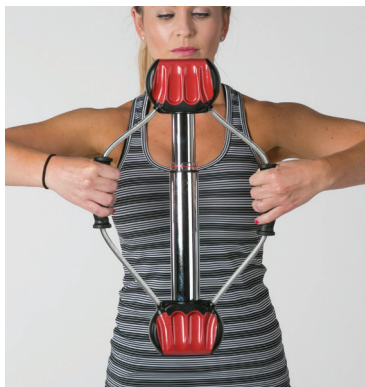


12. SEATED LOWER AB RAISE (BOTH SIDES)

Raise knee. Keep arms still.

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. BACK COMPRESSION (OVER HEAD)

Place arms directly over head, compress.

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



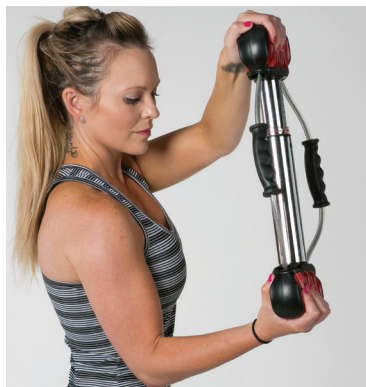
5. BICEPS CABLE CURL (BOTH SIDES)

Curl upwards bending only at the elbow.



7. SEATED DEADLIFT

keep your back straight and lean back.



6. BICEPS CURL (BOTH SIDES)

Curl upwards bending only at the elbow.



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.

B BACK, LEGS, BICEPS



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

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

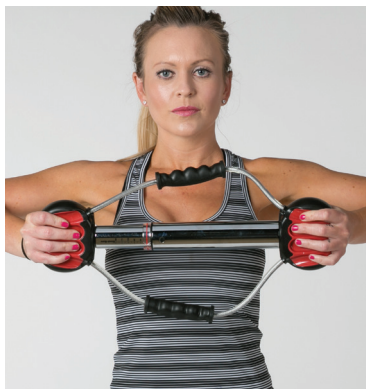
Day 2: Routine B

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.



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.

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

Spread cables at or below waist.



8. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)

Bending only at your elbow, push out.

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

A

CHEST, SHOULDERS, TRICEPS, ABS



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.

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



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.

B BACK, LEGS, BICEPS



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.

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. 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.



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



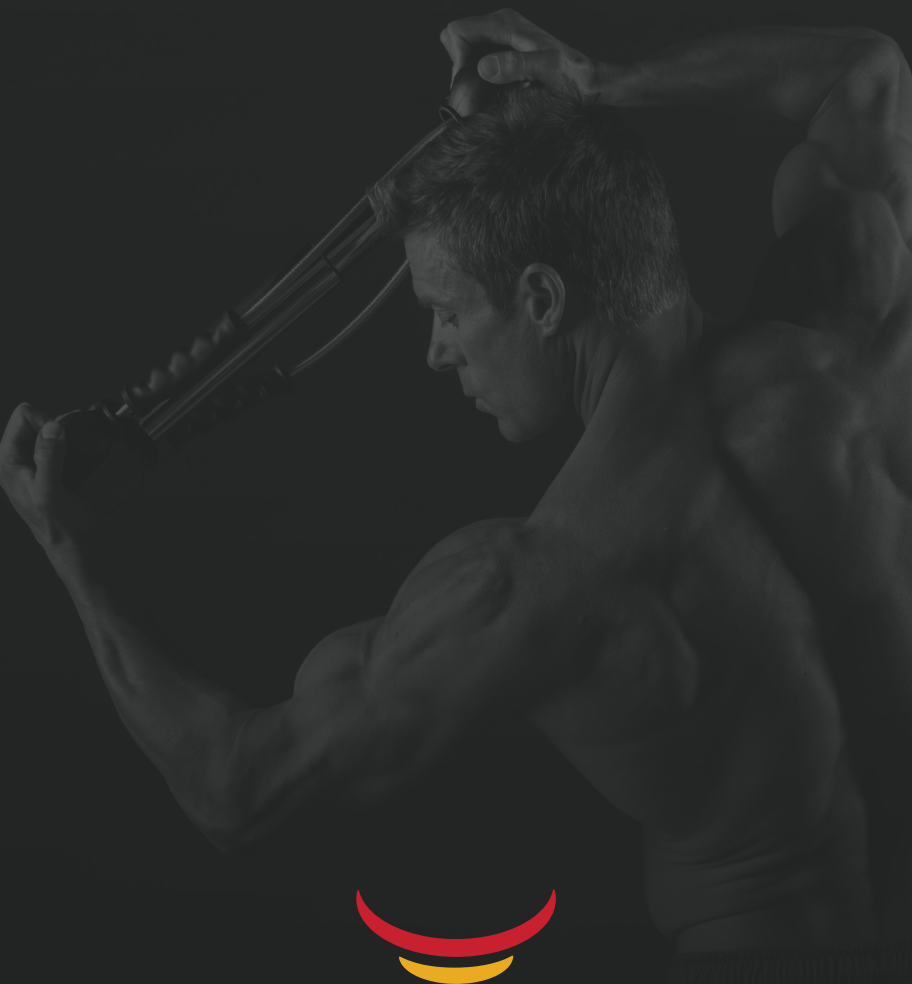
ISO-FLO: Enhance your Bullworker and fitness experience with ISO-FLO for strengthening your core and improving your range of motion. Integrates with your Bullworker for added range of motion for your deadlifts, leg presses, curls, and other exercises.



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

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