



# BULLWORKER



ISO-FLO®



BOW EXTENSION®



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# CONGRATULATIONS ON CHOOSING BULLWORKER TO ACCOMPLISH YOUR FITNESS GOALS

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 convenient products.

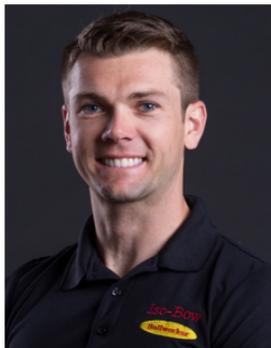
Start to experience the benefits of Bullworker training by choosing one or a combination of our fitness disciplines and get ready for a rapid transformation to your body.

Thank you for choosing Bullworker!

Happy Training,  
John & Chrisman Hughes



John Hughes



Chrisman Hughes

## THE SCIENCE BEHIND BULLWORKER

The most significant breakthrough in fitness came when Dr. E.A. Muller and Dr. Th. Hettinger discovered maximum muscle growth can be attained by exerting 60% of existing muscle strength against a superior resistance for only 7 seconds once a day; 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 fantastic.



# BULLWORKER

## PROPER USE

1. Always start routines slowly, easing into the amount of effort put forth.
2. The slower you move, the more muscle fibers you engage for better results.
3. Focus on Intentional Flexation, slow purposeful movement concentrating on your muscles engaged.
4. The slower the better, you cannot go too slow.
5. Always maintain steady breathing, never hold your breath.
6. Always keep your core tight (hold stomach in).
7. Rest each muscle group after heavy exercise for a minimum of one day off before engaging that muscle group in heavy exercise again.
8. Optimum Bullworker Isometric Holds only require 60% - 80% of maximum effort for 7-10 seconds.
9. Warming up and stretching before and after help recovery and enhance your range of motion.
10. Keep joints in natural position during exercise. If pain develops, stop. Proper exercise is not painful.

# ROUTINE VARIATIONS

Choose one or a combination for your desired results.

## ISOMETRICS (STRENGTH BUILDING)

- Static hold of 7 – 10 seconds using 60% – 80% of maximum effort. Break joint angles of exercises into thirds. Example. all the way extended, halfway contracted, and fully contracted. Perform hold at each joint angle.

## 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, one 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.

\*Carabiner can get hot with friction as you rotate strap

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.



# ISO-FLO SET-UP

[www.bullworker.com/iso-flo-set-up/](http://www.bullworker.com/iso-flo-set-up/)

1)



2)



Clip carabiner between the handle and inside buckle on both straps.

\*Strap/tail coming out of buckle will not be used.



\*Use ISO-BOW for extra shortening of straps.

## BUCKLE ADJUSTMENT

To adjust strap length press down on buckle lever.



Ensure buckle lever is tightly closed by pressing up on lever.



# BACK



## UPPER BACK ROW

Muscles Engaged:  
Traps, Rhomboids

- Proper Tension: One hand near shoulder and opposite hand extended. Keep your shoulders back and alternate rowing towards your upper chest/face keeping desired resistance using opposite arm resistance.



## SEATED ROW

Muscles Engaged:  
Rhomboids, Posterior Deltoids

- Proper Tension: One hand to chest/ribs and opposite hand extended. Keep your shoulders back and alternate rowing towards your chest/ribs keeping desired tension using opposite arm resistance.

## BACK



### OVERHEAD BODYWEIGHT ROW

Muscles Engaged:  
Lats, Traps, and Shoulders

- Lie on your back and raise your arms over your head pulling your body up.

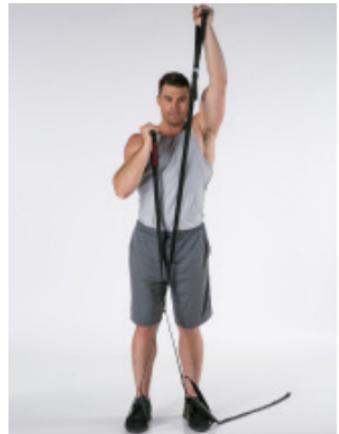


### BODYWEIGHT ROW

Muscles Engaged:  
Lats, Upper Back, and Shoulders

- Lie on your back and row towards your mid-section pulling your body up.

# SHOULDERS



## SHOULDER PRESS (PALMS IN)

Muscles Engaged: Shoulders & Upper Back

- Proper Tension: One hand extended above head and opposite hand near shoulder. Keep your shoulders and head back and alternate raising your arms with your palms facing inward (hand should go from shoulder to extended).



## SHOULDER PRESS

Muscles Engaged: Shoulders & Upper Back

- Proper Tension: One hand extended above head and opposite hand near shoulder. Keep your shoulders and head back and alternate raising your arms (hand should go from shoulder to extended).

# SHOULDERS



## DELTOIDS RAISE W/ SHOULDER PRESS

Muscles Engaged: Deltoids & Shoulders

- Proper Tension: One hand extended above head and opposite hand near waist/thigh. Keep your shoulders and head back and alternate raising your arms (hand should go from waist to extended).



## DELTOIDS RAISE

Muscles Engaged: Deltoids

- Proper Tension: One hand/arm parallel to ground and opposite hand near waist. Keep your shoulders and head back and alternate raising your arms with your palms facing inward. Keep desired resistance.

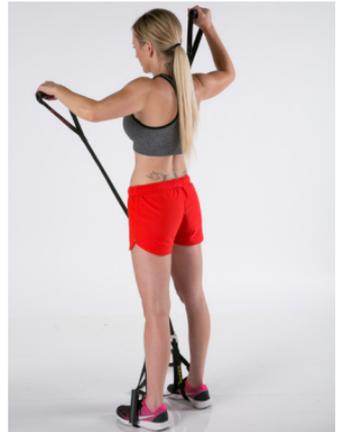
# SHOULDERS



## LATERAL RAISES

Muscles Engaged: Medial Deltoids & Core

- Proper Tension: One hand extended parallel to ground on your side and opposite hand near waist/thigh. Keep your shoulders and head back and alternate raising your arms with your palms facing inward using desired tension.



## ROTATOR CUFFS (VERTICAL)

Muscles Engaged: Rotator Cuffs

- Proper Tension: One hand rotated above head and opposite forearm parallel to ground. Keep your shoulders and head back and alternate raising your forearms from parallel to vertical. Maintain desired resistance.

# SHOULDERS



## ROTATOR CUFFS (LATERAL)

Muscles Engaged:  
Rotator Cuffs

- Proper Tension: One hand rotates to your side and opposite hand over thigh/knee. Hold your elbow tight to your body and rotate your forearm outwards (keep elbow tight to your body).



## REVERSE FLYS

Muscles Engaged:  
Posterior Deltoids & Upper Back

- Proper Tension: One hand extended to your side and opposite hand over thigh/knee. Keep your shoulders and head back and alternate keeping your arms slightly bent from side to side. Maintain desired resistance.

# SHOULDERS



## SHOULDER SWIPES

Muscles Engaged:  
Shoulders & Upper Chest

- Proper Tension: One hand/arm parallel to ground and opposite hand at waist/thigh. Keep your shoulders and head back and alternate moving across your chest and to your side through your body's entire range of motion. Keep your arm parallel to the ground and maintain desired resistance.

# BICEPS



## BICEPS CURL (LYING DOWN)

Muscles Engaged:  
Biceps

- Proper Tension: One hand curled towards shoulder and opposite hand over thigh. Lying with your elbows at your side alternate extending and curling with desired tension.  
\*Bend only at your elbows.

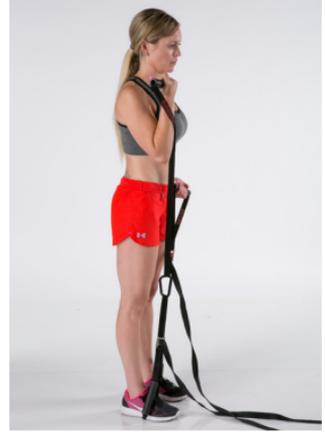


## BICEPS CURL (SEATED)

Muscles Engaged:  
Biceps

- Proper Tension: One hand curled towards shoulder/face and opposite hand over thigh/knee. Seated with your elbows at your side alternate extending and curling with desired tension.  
\*Bend only at your elbows.

# BICEPS



## BICEPS CURL

Muscles Engaged:  
Biceps

- Proper Tension: One hand curled to shoulder and opposite hand near thigh/knee. Stand tall with your elbows at your side. Keep your shoulders and head back. Alternate extending and curling with desired tension.

\*Bend only at your elbows.

# TRICEPS



## TRICEPS EXTENSION

Muscles Engaged: Triceps

- Proper Tension: One hand extended over head and opposite hand near back of shoulder. Alternate extending your hand from shoulder to overhead. Bend only at your elbows. Maintain desired resistance.



## TRICEPS EXTENSION (HAMMER GRIP)

Muscles Engaged: Triceps

- Proper Tension: One hand extended over head and opposite hand near shoulder. Alternate extending your hand from shoulder to overhead. Bend only at your elbows. Maintain desired resistance palms facing inward.

# CORE



## V-UPS

Muscles Engaged:

Core: Lower Back, Abdominals, Shoulders

- Lie back. Raise your legs and arms with your elbows slightly bent bringing your body up.

## CORE & LEGS



### DEAD BUGS

Muscles Engaged:

Core: Lower Abs, Quads, Hip Flexor, Back, and Shoulders

- Lie on your back. Keep your elbows slightly bent. Extend and contract opposite arms and legs with desired tension.

\*Feet should be in the same strap and hands should be in the same strap

## BOW EXTENSION®



Thread/wrap your strap securely around your Bullworker cable.

\*Do not wrap around cable grips



Wrap your strap around your Bullworker cable. Thread one handle through the opposite handle loop. Pull all the way through.

\*Always ensure you are securely standing on the bottom cable



## BACK



### BACK ROW

Muscles Engaged:

Rhomboids, Shoulders, Biceps

- Stand Securely on the bottom cable. Wrap your ISO-FLO around the center of the top cable, slightly bend your knees and hinge forward at your hips. Tighten your ISO-FLO so tension is slightly caused with straight arms. Pull handles towards your chest and your back.



### SEATED BACK ROWS

Muscles Engaged:

Rhomboids, Shoulders, Biceps

- Securely place your feet on the bottom cable and place your ISO-FLO in the center of your top cable. Row your arms to your chest keeping your back straight.

# BACK



## REVERSE FLYS

Muscles Engaged:  
Traps, Rhomboids, Deltoids

- Keep your elbows bent and raise your arms pulling your shoulders back.



## SEATED DEADLIFT

Muscles Engaged:  
Lower Back, Legs

- Sit tall, keep your shoulders back and chest up, lean back as far as you can in a slow and controlled manner.
- Holding cables securely raise your knee keeping your arms in place.

# LEGS



## DEADLIFT

Muscles Engaged: Quadriceps, Glutes, Hamstrings, Lower Back

- Keep your back straight and engaged, bend your knees (ideally to 90 degrees), and stand up.



## ROMAN DEADLIFT

Muscles Engaged: Lower Back, Hamstrings, Glutes

- Bend at your chest towards the ground, stick your glutes (butt) and hips as far back as you can while keeping your back straight and engaged and standup.

# LEGS



## FRONT SQUAT

Muscles Engaged:  
Quadriceps, Hamstrings, Glutes, Shoulders

Hold your arms at your forehead, keep your chest up, back straight and stand up engaging your legs.



## LEG PRESS

Muscles Engaged:  
Quadriceps, Glutes, Hamstrings, Calves

- Lie flat on the ground, keep your shoulders back, bend your knees to a 90 degree angle and press your legs out

# LEGS



## ONE LEGGED PRESS

Muscles Engaged:  
Quadriceps, Glutes, Hamstrings, and Calves

- Lie flat on the ground, keep your shoulders back, bend your knee to a 90 degree angle and press your leg out.



## CALF EXTENSION

Muscles Engaged: Calves, Quadriceps

- Secure your cable over your toe, knee slightly bent, and point your toe.  
\*Ensure you securely place your cable over your foot. Do not let the cable roll off your foot by keeping your toes engaged.

## LEGS



### LUNGE

Muscles Engaged: Quadriceps, Glutes, Hamstrings

- Keep your front knee over your toes, shoulders back and step back to create a 90 degree angle with your front knee.



### ONE ARM LUNGE

Muscles Engaged: Quadriceps, Glutes, Hamstrings

- Keep your front knee over your toes, shoulders back and step back to create a 90 degree angle with your front knee.

# SHOULDERS



## ONE ARM STANDING SHOULDER PRESS

Muscles Engaged: Shoulders

- Start with your hand near your shoulder and press straight up keeping your elbow pointing forward.



## TWO ARM KNEELING SHOULDER PRESS

Muscles Engaged:  
Shoulders

- Start with your hands near your shoulders and press upwards.

# SHOULDERS



## DELTOIDS RAISE

Muscles Engaged: Posterior Deltoids

- Start with your hand waist high, keep your elbow slightly bent, and raise your hand parallel to the ground (shoulder height).



## TWO ARM DELTOIDS RAISE

Muscles Engaged:  
Posterior Deltoids

- Start with your hands waist high, keep your elbows slightly bent, and raise your hands parallel to the ground.

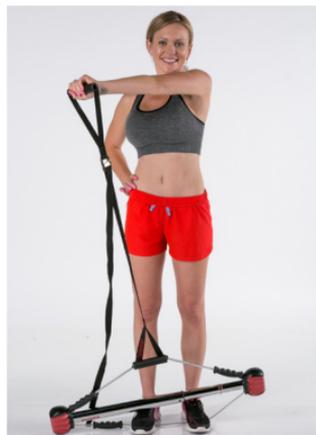
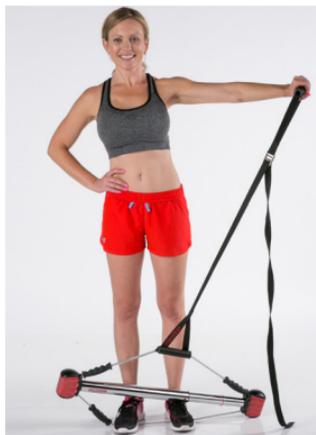
# SHOULDERS



## LATERAL DELTOIDS RAISE

Muscles Engaged:  
Medial Deltoids

- Keep your arm slightly bent and raise parallel to your side.



## SHOULDER SWIPES

Muscles Engaged:  
Deltoids

- Create desired tension and bring your arm parallel to the ground. Keep your elbow slightly bent and move through your entire range of motion to the side and across your chest.

# SHOULDERS



## SHOULDER SWIPES (HAMMER GRIP)

Muscles Engaged:  
Deltoids

- Create desired tension and bring your arm parallel to the ground. Keep your elbow slightly bent and move through your entire range of motion to the side and across your chest.



## SHRUGS

Muscles Engaged:  
Traps

- Keep your shoulders back and arms slightly bent. Raise your shoulders towards your ears.

# SHOULDERS



## UPRIGHT ROW

Muscles Engaged:  
Deltoids

- Keep your elbows flared out and bring your hands to your chest.



## STANDING ROTATOR CUFFS

Muscles Engaged:  
Rotator Cuffs

- Bend elbow to 90 degree angle and hold parallel to the ground. Only rotating at your shoulder (90 degree angle) rotate arm perpendicular to the ground.

# BICEPS



## STANDING BICEPS CURL

Muscles Engaged: Abs and Lower Back

- Stand tall and bend only at your elbows, curl arms upwards.



## STANDING ONE ARM BICEPS CURL

Muscles Engaged:  
Biceps

- Stand tall and bend only at your elbow, curl your arm upwards.

# BICEPS



## SEATED BICEPS CURL

Muscles Engaged:  
Biceps

- Place strap in the center of your cable. Curl towards your body only bending at your elbow.



## CONCENTRATION CURL

Muscles Engaged:  
Biceps

- Place your elbow on the inside of your thigh and concentrate on flexing your biceps as you curl.  
\*bend only at your elbow

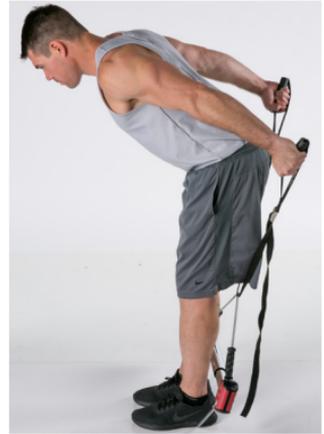


## CONCENTRATION CURL

Muscles Engaged:  
Biceps

- Sit tall and curl upwards bending only at your elbow.

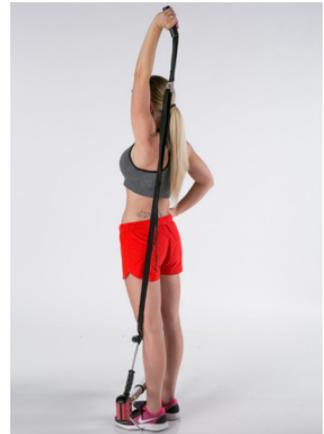
# TRICEPS



## TRICEPS KICKBACK (HAMMER GRIP)

Muscles Engaged:  
Triceps

- Hinge at your hips with your chest facing the ground and hands facing down. Bend only at your elbow, extend behind.



## TRICEPS OVERHEAD EXTENSION (HAMMER GRIP)

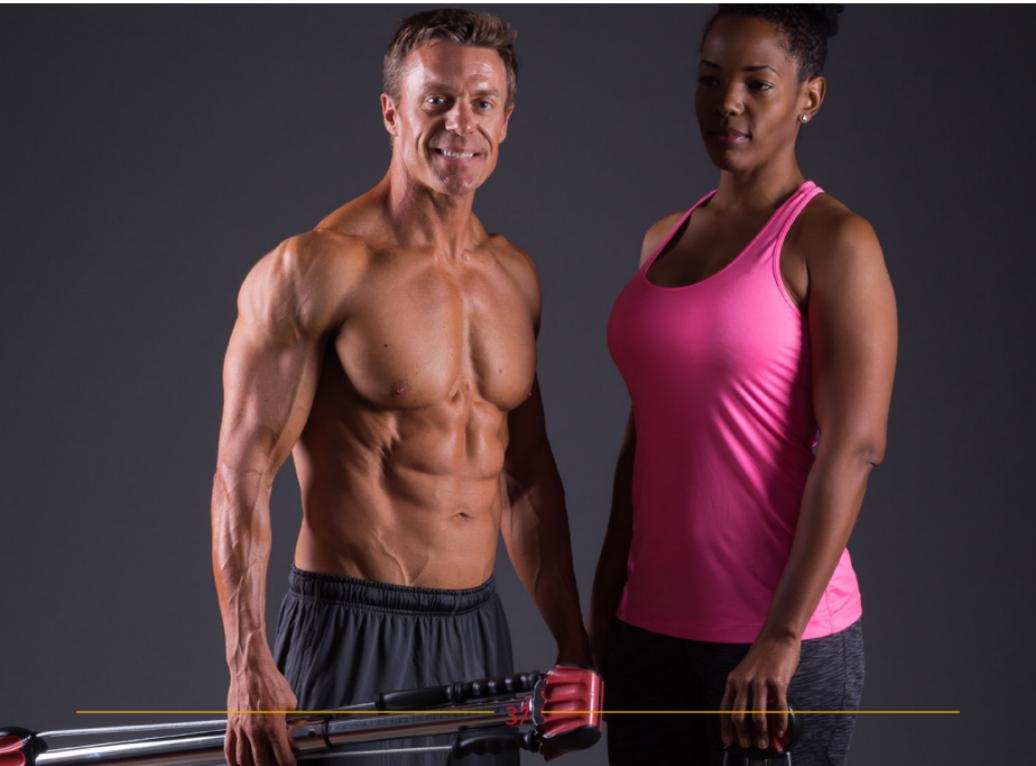
Muscles Engaged:  
Triceps

- Point your elbow to the ceiling, keep your elbow pointing forward and extend your hand upward only bending at the elbow.

# ISO-FLO 5 WEEK BLAST

**ISO-FLO 5 WEEK BLAST** is a superset workout designed as an 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. Divide your range of motion into thirds and perform the isometric hold at each third for 7 seconds. Follow with 12 isotonic repetitions.



# MEASUREMENTS

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

---

## BEFORE

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 1

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 2

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 3

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 4

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## FINAL RESULTS

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

# ISO-FLO 5 WEEK BLAST

## WEEKS 1-3

### 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 12 reps.

\*Perform each exercise consecutively

Complete routine "A" one day and "B" another day.

Total of four days of exercise each week.

Alternate days between "A" and "B" to allow proper  
recovery time for your muscles.

## WEEKS 1-3

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

### A BACK, BICEPS & CORE



#### SEATED ROW

Muscles Engaged:  
Rhomboids, Traps, Posterior Deltoids

- Keep your shoulders back and alternate rowing towards your mid-section / chest keeping desired resistance.



#### UPPER BACK ROW

Muscles Engaged:  
Traps, Rhomboids, Deltoids

- Keep your shoulders back and alternate rowing towards your upper chest keeping desired resistance.

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 BACK, BICEPS, & CORE



### SEATED BICEPS CURLS

Muscles Engaged:  
Biceps

- Seated with your elbows at your side alternate extending and curling with desired tension bending only at your elbows.



### V-UPS

Muscles Engaged:  
Core, Shoulders, Upper Back

- Lie back and raise your legs and arms with your elbows slightly bent bringing your body up.

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

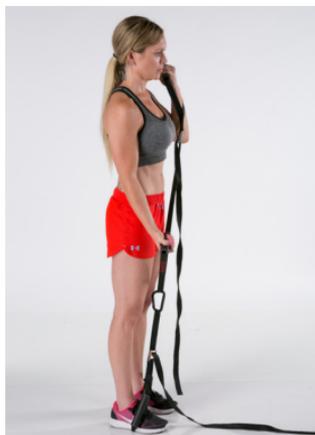
## A BACK & BICEPS



### REVERSE FLYS

Muscles Engaged: Posterior Deltoids & Traps

- Keep your shoulders and head back. Alternate keeping your arms slightly bent from side to side, maintain desired resistance.



### BICEPS CURL

Muscles Engaged:  
Biceps

- Standing tall with your elbows at your side alternate extending and curling with desired tension bending only at your elbows.

# WEEKS 1-3

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 SHOULDERS, TRICEPS, & CORE



### SHOULDER PRESS

Muscles Engaged: Shoulders

- Keep your shoulders and head back and alternate raising your arms with your palms facing inward (hand should go from shoulder to extended) keep desired resistance.



### DELTOIDS RAISE

Muscles Engaged: Deltoids

- Keep your shoulders and head back and alternate raising your arms in front of you parallel to the ground keeping desired resistance.

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

## B SHOULDERS, TRICEPS & CORE



### LATERAL DELTOIDS RAISE

Muscles Engaged: Shoulders & Core

- Keep your shoulders and head back and alternate raising your arms to your side parallel to the ground keeping desired resistance.



### SHOULDER SWIPES

Muscles Engaged: Shoulders & Upper Chest

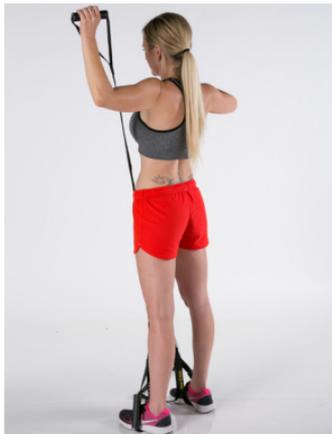
- Keep your shoulders and head back and alternate moving your arm side to side parallel to the ground keeping desired resistance.

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 SHOULDERS, TRICEPS & CORE



### ROTATOR CUFFS

Muscles Engaged:

Rotator Cuffs

- Alternate raising your arms parallel to vertical, maintain desired resistance.



### TRICEPS EXTENSION

Muscles Engaged: Triceps

- Keep your shoulders and head back and bend only at your elbows. Alternate raising your hands from shoulder to extended with your palms facing inward. Maintain desired resistance.

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 SHOULDERS, TRICEPS & CORE



### DEAD BUGS

Muscles Engaged: Core: Lower Abs, Quads, Hip Flexor, Back, and Shoulders

- Lie on your back and extend and contract opposite arms and legs with desired tension.
  - \*Keep your elbows slightly bent
  - \* Feet are in the same strap and hands are in the same strap

## WEEKS 4 & 5

### 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

Superset entire workout 3-4 times per week with a  
day of rest in between.

## WEEKS 4 & 5

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

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

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

### BACK, SHOULDERS, BICEPS, TRICEPS & CORE



#### SHOULDER PRESS

Muscles Engaged: Shoulders

- Keep your shoulders and head back and alternate raising your arms with your palms facing inward (hand should go from shoulder to extended) keep desired resistance.



#### DELTOIDS RAISE

Muscles Engaged: Deltoids

- Keep your shoulders and head back and alternate raising your arms in front of you parallel to the ground keeping desired resistance.

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

## BACK, SHOULDERS, BICEPS, TRICEPS & CORE



### LATERAL DELTOIDS RAISE

Muscles Engaged: Shoulders & Core

- Keep your shoulders and head back and alternate raising your arms to your side parallel to the ground keeping desired resistance.



### SHOULDER SWIPES

Muscles Engaged: Shoulders & Upper Chest

- Keep your shoulders and head back and alternate moving your arm side to side parallel to the ground keeping desired resistance.

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

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

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

## BACK, SHOULDERS, BICEPS, TRICEPS & CORE



### BODY WEIGHT ROW

Muscles Engaged:

Lats, Upper Back, and Shoulders

- Lie on your back and row towards your mid-section pulling your body up.



### SEATED ROW

Muscles Engaged:

Rhomboids, Traps, Posterior Deltoids

- Keep your shoulders back and alternate rowing towards your mid-section / chest keeping desired resistance.

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

## BACK, SHOULDERS, BICEPS, TRICEPS & CORE



### UPPER BACK ROW

Muscles Engaged:  
Traps, Rhomboids, Deltoids

- Keep your shoulders back and alternate rowing towards your upper chest keeping desired resistance.



### REVERSE FLYS

Muscles Engaged: Posterior Deltoids & Traps

- Keep your shoulders and head back. Alternate keeping your arms slightly bent from side to side, maintain desired resistance.

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

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

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

## BACK, SHOULDERS, BICEPS, TRICEPS & CORE



### ROTATOR CUFFS (LATERAL)

Muscles Engaged:  
Rotator Cuffs

- Hold your elbow tight to your body and rotate your forearm outwards. (keep elbow tight to your body).



### SEATED BICEPS CURL

Muscles Engaged:  
Biceps

- Seated with your elbows at your side alternate extending and curling with desired tension bending only at your elbows.

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

## BACK, SHOULDERS, BICEPS, TRICEPS & CORE



### SEATED V-UPS

Muscles Engaged:  
Core, Shoulders, Upper Back

- Lie back and raise your legs and arms with your elbows slightly bent to bring your body up.



### DEAD BUGS

Muscles Engaged: Core: Lower Abs, Quads, Hip Flexor, Back, and Shoulders

- Lie on your back and extend and contract opposite arms and legs with desired tension.  
\*Keep your elbows slightly bent

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

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

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

## BACK, SHOULDERS, BICEPS, TRICEPS & CORE



### BICEPS CURL

Muscles Engaged: Biceps

- Standing tall with your elbows at your side alternate extending and curling with desired tension bending only at your elbows.



### TRICEPS EXTENSION

Muscles Engaged: Triceps

- Keep your shoulders and head back and bending only at your elbows alternate raising your hands from shoulder to extended with your palms facing inward. Maintain desired resistance.

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

## BACK, SHOULDERS, BICEPS, TRICEPS & CORE



### ROTATOR CUFFS

Muscles Engaged:  
Rotator Cuffs

- Alternate raising your arms from parallel to vertical, maintain desired resistance.

## YOU MAY ALSO LIKE



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