



BULLWORKER



X5 PRO



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TABLE OF CONTENTS

CONGRATULATIONS.....	4
THE SCIENCE BEHIND BULLWORKER.....	5
PROPER USE.....	6
SPRINGS & GRIPS.....	7
ROUTINE VARIATIONS.....	8
LIABILITY WAIVER / DISCLAIMER.....	9
TRIFECTA: EXERCISES IN A HURRY.....	10
POWER ROUTINE.....	11
BACK & SHOULDERS.....	12
CHEST.....	17
BICEPS.....	21
TRICEPS.....	23
LEGS.....	24
CORE.....	26
90 DAY TRANSFORMATION.....	28
MEASUREMENTS.....	29
WEEK 1.....	30
WEEKS 2-4.....	32
WEEKS 5-7.....	36
WEEKS 8-10.....	46
WEEKS 11-13.....	56
YOU MAY ALSO LIKE.....	67

CONGRATULATIONS ON CHOOSING BULLWORKER TO ACCOMPLISH YOUR FITNESS GOALS

Our Mission: Provide the most practical fitness equipment.

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, mobility 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,
Chrisman, John, & Carey 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 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 flexion 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, mind muscle connection. 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 and nutrition.
8. Optimum Bullworker Isometric hold only requires 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 positions during exercise. If pain develops, stop. Proper exercise is not painful.

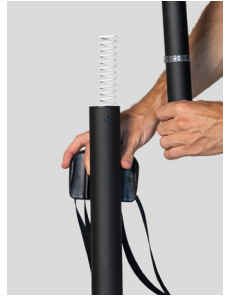
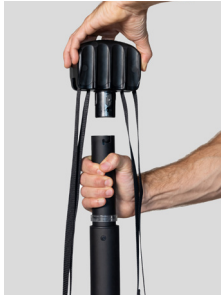
SPRINGS & GRIPS

Spring Change

Grip thin tube and release the 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 Bullworker is secure and not pointed towards your face or other fragile areas. Do not jump to level 5, progress from each level spring to ensure you can disassemble unit.

www.bullworker.com/spring-change/



- Blue Spring - Level 1: Approximately 0 - 20 LBS
- Yellow Spring - Level 2: Approximately 0 - 40LBS
- Grey Spring - Level 3: Approximately 0 - 70LBS
- Black Spring - Level 4: Approximately 0-100 LBS
- Red Spring - Level 5: Approximately 0 - 150 LBS

Strap Variations



2 X 2 Straps:
Most Difficult



2 X 1 Strap:
Medium Difficult



1 X 1 Strap: Least Diff.
most ROM
*grip at ~100



When using 1x1 ensure
stitchings are at the
bottom to keep even

ROUTINE VARIATIONS

Choose one or a combination

ISOMETRIC (STRENGTH BUILDING)

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

ISOTONIC (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. Mind Muscle Connection.

ENDURANCE (MUSCLE STAMINA)

- Slow and deliberate compression and release with high repetition.

RESILIENCY WITH NEGATIVES (CARDIO AND MUSCLE RESILIENCY)

- Explosive compression, hold, and slow release.

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.

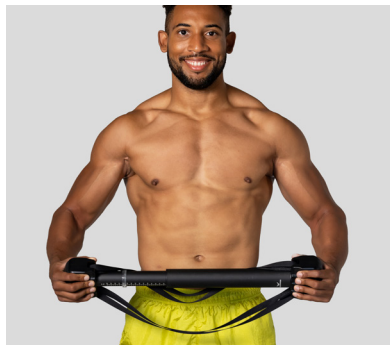
You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and others, and agree to release and discharge The Isometrics Company, LLC from any and all claims or causes of action, known or unknown.

TRIFECTA: 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 few quick exercises. We recommend our three favorites for when you are in a crunch.

LOWER CHEST COMPRESSION



Muscles Engaged: Chest -
Shoulders - Core

- Ensure elbows are parallel to the ground.
- Compress your Bullworker.

CABLE SPREAD

Muscles Engaged: Rhomboids -
Lats - Posterior Deltoids - Core

- Ensure hand grips are placed in the middle of the straps.
- Keep your elbows parallel to the ground. Spread both straps evenly.



SEATED DEADLIFT



Muscles Engaged: Lower Back

- Place both feet securely through bottom strap. Do not lock your knees. Keep your back straight. Spread the straps using your back.

*Do not exceed maximum compression

X5 PRO POWER ROUTINE

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

1. Chest Compression Page 17
2. Cable Spread Page 12
3. Lower Chest Compression Page 17
4. Archer (Both Sides) Page 12
5. Chest Compression (Upper) Page 17
6. Overhead Cable Spread Page 13
7. Side Chest Compression Page 18
8. Lat Pull Down (Both Sides) Page 16
9. Deadlift Page 24
10. Shoulder Press (Both Sides) Page 15
11. Lunge (Both Sides) Page 24
12. Rotator Cuff Vertical Page 15
13. Seated Deadlift Page 27
14. Hip Abduction Page 25
15. Hip Adduction Page 25
16. Calf Extension (Both Sides) Page 24
17. Thoracic Cable Spread (Both Sides) Page 16
18. Reverse Grip Triceps Extension Page 23
19. Biceps Curl (Both Sides) Page 21
20. Resisted Crunch Page 26



CABLE SPREAD

Muscles Engaged: Upper Back - Posterior Deltoids

- Ensure hands are placed in the middle of the straps.
- Keep your elbows parallel to the ground. Spread both straps evenly.



ARCHER (BOTH SIDES)

Muscles Engaged: Upper Back

- Ensure hand grips are placed in the middle of the straps 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.
- *Twist hand for grip variations



SEATED BACK ROW

Muscles Engaged: Middle Back

- Place feet securely in straps
- Keep legs still. Row cable towards chest.
- *Do not exceed maximum compression

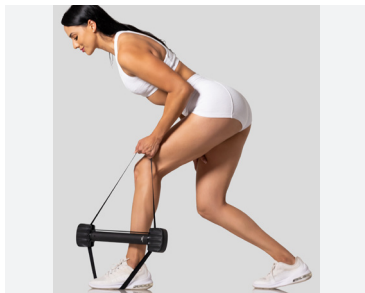


REVERSE GRIP ROW

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



BENT ROW (BOTH SIDES)

Muscles Engaged: Mid Back

- Place foot securely on bottom
cable. Center upper cable grip.
- Pull upper cable using your
back



SURFACE LAT PUSH DOWN

Muscles Engaged: Lats - Back

- Place Bullworker securely on
an elevated surface with arms
extended
- Press down.



CABLE SPREAD (OVER HEAD)

Muscles Engaged: Shoulders - Upper
Back

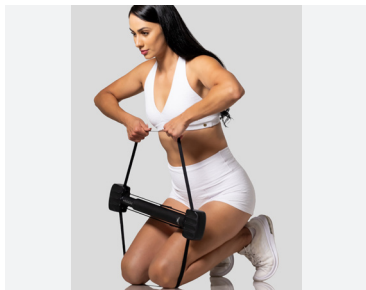
- Ensure hand grips are placed in the
middle of the straps.
- Spread your Bullworker over head.



SHOULDER COMPRESSION (BEHIND HEAD)

Muscles Engaged: Shoulders - Upper Back

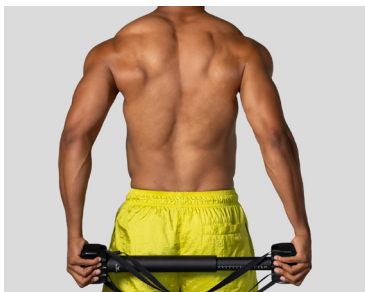
- Ensure elbows are horizontal/parallel to the ground
- Compress



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



BEHIND BACK COMPRESSION (LOWER)

Muscles Engaged: Lats - Upper Back - Shoulders

- Hold Bullworker parallel to the ground and compress

*Variation: On the edge of a seat, hold Bullworker underneath legs

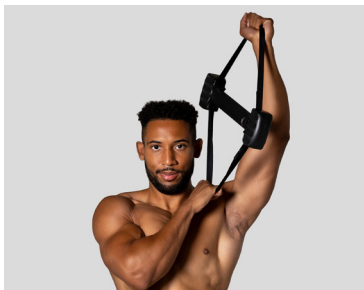


BEHIND BACK COMPRESSION (LOWER) ALTERNATIVE

Muscles Engaged: Lats - Upper Back - Shoulders

- On the edge of a seat, hold Bullworker underneath legs parallel to the ground and compress

BACK & SHOULDERS



SHOULDER PRESS

Muscles Engaged: Upper Back - Shoulders

- Hold the Bullworker to the side with your top hand on the strap at shoulder height
- Press upper strap upwards



ROTATOR CUFF LATERAL

Muscles Engaged: Rotator Cuff

- Keep your elbows tucked by your side
- Spread straps by moving hands out
- *Keep elbows tucked to your side



ROTATOR CUFF VERTICAL

Muscles Engaged: Rotator Cuff

- Keep your shoulder to elbow parallel to the ground at shoulder height
- As a lever, raise your top arm keeping your shoulder parallel



LATERAL RAISES

Muscles Engaged: Shoulders/Deltoids

- Hold Bullworker with the hand of your target shoulder by your side
- Keep your elbow slightly bent
- Raise your arm



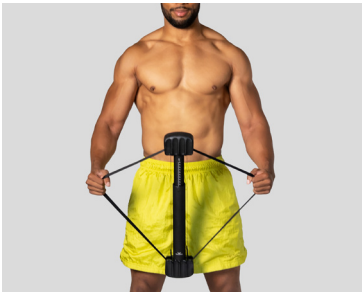
OVERHEAD COMPRESSION

Muscles Engaged: Back - Shoulders
• Compress your Bullworker directly overhead



THORACIC CABLE SPREAD

Muscles Engaged: Back - Shoulders
• Thoracic spine
• From a lunging position, cable spread, rotate to each side as far as you can. Switch lunge position. Engage your legs (pull your feet towards each other)



CABLE SPREAD LOWER

Muscles Engaged: Deltoids - Shoulder
• Ensure hands are placed in the middle of the straps
• Keep your elbows parallel to the ground. Spread both straps evenly.



LAT PULLDOWN (NEUTRAL)

Muscles Engaged: Lats - Back
• Ensure hand grip is placed securely on your upper thigh.
• In a straight motion pull down. Twist hand for neutral grip variations

CHEST



CHEST COMPRESSION

Muscles Engaged: Chest -
Shoulders

- Ensure elbows are parallel to the ground.
- Compress your Bullworker.



CHEST COMPRESSION (LOWER)

Muscles Engaged: Chest -
Shoulders

- Compress your Bullworker at or below your waist.



CHEST COMPRESSION (UPPER)

Muscles Engaged: Chest -
Shoulders

- Compress your Bullworker at or above shoulder height.



LOW SIDE CHEST COMPRESSION (BOTH SIDES)

Muscles Engaged: Chest - Shoulders -
Triceps

- Extend one arm fully. Compress your Bullworker with your opposite arm.

CHEST



INCLINE SIDE CHEST COMPRESSION

Muscles Engaged: Chest - Shoulders - Triceps

- Extend one arm to the side around head height. Compress your Bullworker with your opposite arm.



SIDE CHEST COMPRESSION (BOTH SIDES)

Muscles Engaged: Chest - Shoulders - Triceps

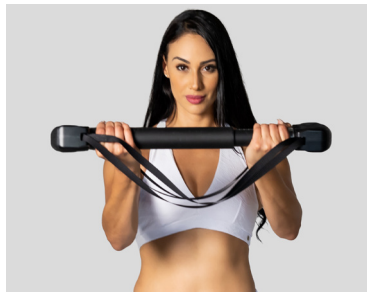
- Extend one arm fully. Compress your Bullworker with your opposite arm.



INSIDE GRIP CHEST COMPRESSION

Muscles Engaged: Chest - Shoulders

- Compress your Bullworker using an overhand grip of the tubes at chest height.



REVERSE GRIP CHEST COMPRESSION

Muscles Engaged: Chest - Shoulders

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

CHEST



INSIDE GRIP CHEST COMPRESSION (LOWER)

Muscles Engaged: Lower Chest - Shoulders

- Compress your Bullworker using an overhand grip of the tubes at or below waist height.



REVERSE GRIP CHEST COMPRESSION (LOWER)

Muscles Engaged: Lower Chest - Shoulders

- Compress your Bullworker using an underhand grip of the tubes at or below waist height.



REVERSE GRIP CHEST COMPRESSION (UPPER)

Muscles Engaged: Upper Chest - Shoulders

- Compress your Bullworker using an underhand grip of the tubes at or above shoulder height.



INSIDE GRIP CHEST COMPRESSION (UPPER)

Muscles Engaged: Upper Chest - Shoulders

- Compress your Bullworker using an overhand grip of the tubes at or above shoulder height.

CHEST



CROSS CHEST SQUEEZE

Muscles Engaged: Chest - Shoulders

- Right hand grips left strap and left hand grips right strap (crossed arms)
- Squeeze your arms across your body



UPPER CROSS CHEST SQUEEZE

Muscles Engaged: Chest - Shoulders

- Right hand grips left strap and left hand grips right strap (crossed arms)
- Squeeze your arms across your body



THORACIC CHEST COMPRESSION

Muscles Engaged: Chest - Thoracic Spine

- From a lunging position, chest compress, rotate to each side as far as you can. Switch lunge position
- Engage your legs (pull your feet towards each other)



THORACIC LOW CHEST COMPRESSION

Muscles Engaged: Chest - Thoracic Spine

- From a lunging position, chest compress, rotate to each side as far as you can. Switch lunge position
- Engage your legs (pull your feet towards each other)

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 (BOTH SIDES)

Muscles Engaged: Biceps

- Keep bottom arm still. Curl upwards bending only at elbow.

BICEPS



REVERSE GRIP BICEPS CABLE CURL (BOTH SIDES)

Muscles Engaged: Biceps

- Keep bottom arm still. Curl upwards bending only at elbow with an overhand grip



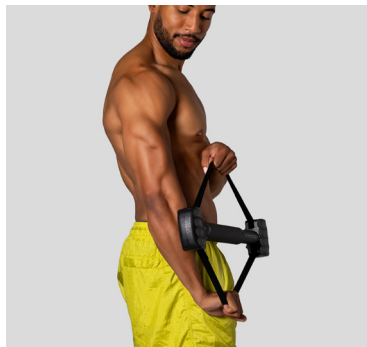
SEATED CURL

Muscles Engaged: Biceps

- While seated, step on the bottom strap and curl the top strap upwards

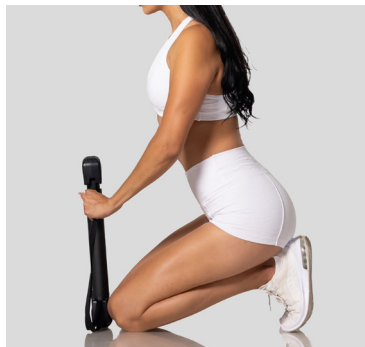


TRICEPS



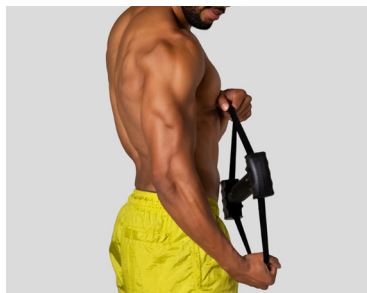
TRICEPS PUSH DOWN (BOTH SIDES)

- Muscles Engaged: Triceps
- Bend only at your elbow.
 - Push bottom strap down.



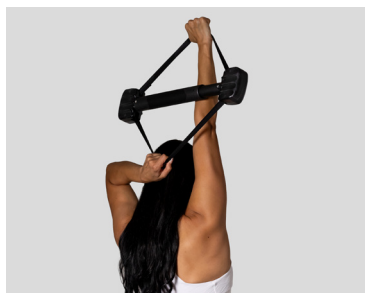
TRICEPS CABLE PUSH DOWN

- Muscles Engaged: Triceps
- Keep your back straight. Push bottom straps down.
 - Bend only at your elbows.



REVERSE GRIP TRICEPS EXTENSION

- Muscles Engaged: Triceps
- Bend only at your elbow. Extend strap down with an underhad grip



TRICEPS EXTENSION OVERHEAD

- Muscles Engaged: Triceps
- Bend only at your elbow. Extend cable Up.

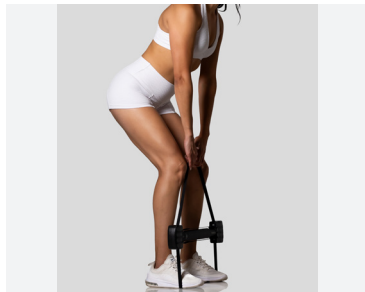


ONE LEG PRESS (BOTH SIDES)

Muscles Engaged: Quadriceps -
Glutes - Hamstrings

- Place foot securely in cable.
- Keep arms still. Press with your leg.

Do not exceed maximum compression



DEADLIFT

Muscles Engaged: Lower Back -
Quadriceps - Glutes - Hamstrings

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

Do not exceed maximum compression



LUNGE (BOTH SIDES)

Muscles Engaged: Quads - Glutes -
Hamstrings

- Stand on the bottom strap
 - Grip the top cable
- Step your other foot back and kneel down

Do not exceed maximum compression



CALF EXTENSION (BOTH SIDES)

Muscles Engaged: Lower Back - Muscles
Engaged: Calves

- Place foot securely through strap
- Point toe

Ensure toe is always pointed to keep
cable secure

Do not exceed maximum compression



HIP ADDUCTION

Muscles Engaged: Outside Hips - Thighs

- Place both straps securely on outside of knees.
- Spread your legs.



HIP ABDUCTION (LYING DOWN)

Muscles Engaged: Outside Hips - Thighs

- Place both straps securely on outside of knees.
- Spread your legs.



HIP FLEXOR

Muscles Engaged: Hip Flexors

- Place your top foot in the top strap
- Place bottom foot on the bottom strap
- Raise your top knee towards your upper body



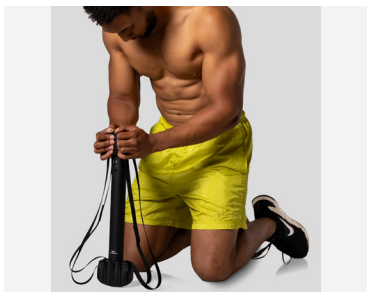
LEG CURL / LEG EXTENSION

Muscles Engaged: Quads - Hamstrings

- Place your top foot in the top strap
- Place bottom foot on the bottom strap
- Extend your legs bending only at the knee.

Keep the tension

Do not exceed maximum compression



RESISTED CRUNCH

Muscles Engaged: Abs - Lower Back

- Place the Bullwoker in front of your knees. Perform a crunch by curling your chest down (keep arms straight).

*Variation, stand and place on secure raised surface. Perform crunch.



SIDE RESISTED CRUNCH (BOTH SIDES)

Muscles Engaged: Abs - Lower Back

- Place the Bullwoker on the side of your body. Perform a crunch (keep arms straight).



SEATED RESISTED SIDE CRUNCH

Muscles Engaged: Abs - Lower Back

- Place the Bullwoker on the side of your body. Perform a crunch (keep arms straight).



SEATED RESISTED CRUNCH

Muscles Engaged: Abs - Lower Back

- Place the Bullwoker in front of your knees. Perform a crunch by curling your chest down (keep arms straight).

*Variation, stand and place on secure raised surface. Perform crunch.



SEATED DEADLIFT

Muscles Engaged: Lower Back

- Place both feet securely through bottom cable. Do not lock your knees. Keep your back straight. Spread the straps using your back.

Do not exceed maximum compression



SEATED DEADLIFT GROUND

Muscles Engaged: Lower Back

- Place both feet securely through bottom cable. Do not lock your knees. Keep your back straight. Spread the straps using your back.

Do not exceed maximum compression



DEADBUG CROSSOVERS

Muscles Engaged: Lower Abs - Hip Flexor

- Place one handle on your thigh
- Grip other handle with your opposite arm
- Compress your unit by bringing your knee up and arm down
- Extend your opposite leg and opposite arm fully

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 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 12 repetitions.



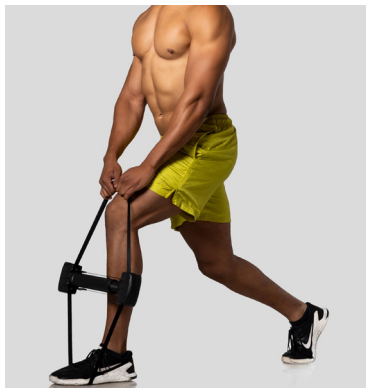
1. CHEST COMPRESSION

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



2. CABLE SPREAD

Keep your elbows parallel to the ground. Spread both straps.



3. LUNGES

Stand on bottom strap with one foot, grip top strap, step opposite foot back and kneel



4. SEATED DEADLIFT

Place your feet on the bottom straps, grip the top straps, keep your back straight, lean backwards

3 days with a rest day in between each day



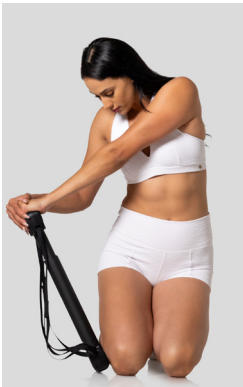
5. TRICEPS PUSH DOWN

Bend. only at your elbow. Push bottom cable down.



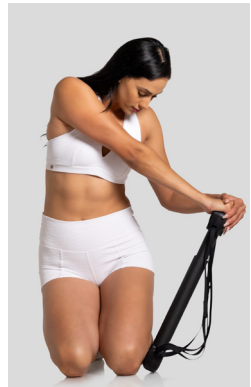
6. BICEPS CURL

Keep bottom arm still. Curl upwards bending only at elbow.



7. RESISTED CRUNCH

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



WEEKS 2-4

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (10 - 20 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (20 - 40 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (40 - 60 minutes)

7-second isometric hold
(60%-80% of max effort) followed by 12 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 UPPER BODY CIRCUIT



1. CHEST COMPRESSION

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



2. CABLE SPREAD

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



3. CHEST COMPRESSION LOWER

Compress your Bullworker at or below your waist.



4. LAT PULLDOWN

Place one handle on hip and pull down

7-second isometric hold (60%-80% of max effort) followed by 12 reps.

A UPPER BODY CIRCUIT



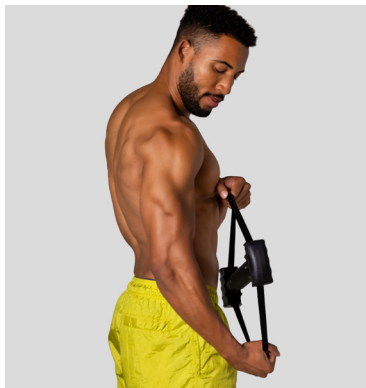
5. CHEST COMPRESSION UPPER

Compress your Bullworker at head height



6. BENTOVER BACK ROW

Stand on bottom strap, bend over, and pull top strap upwards



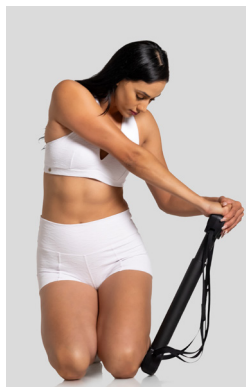
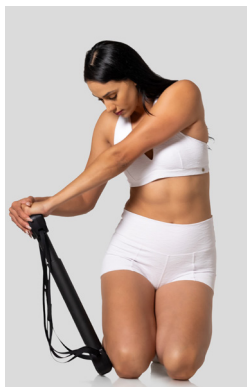
7. REVERSE GRIP TRICEPS PUSH EXTENSION

Bend only at your elbow. Extend bottom strap down



8. BICEP CABLE CURL

Bend only at your elbow. Curl the Bullworker upwards

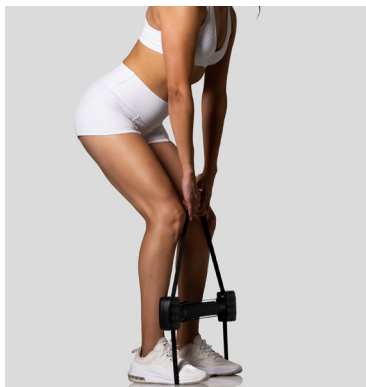


9. RESISTED CRUNCH

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

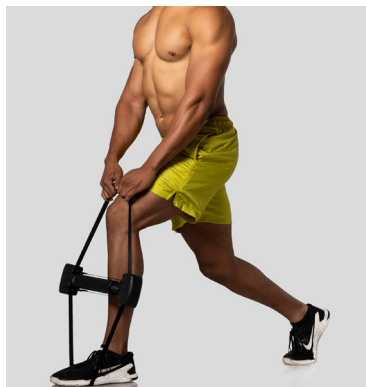
7-second isometric hold (60%-80% of max effort) followed by 12 reps.

B LOWER BODY CIRCUIT



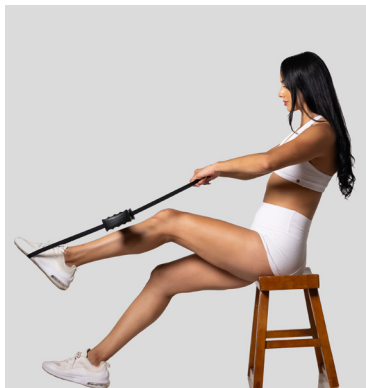
1. DEADLIFT

Stand on bottom strap, grip top strap, keep your back straight and stand up



2. LUNGES

Stand on bottom strap with one foot, grip top strap, step opposite foot back and kneel



3. CALF EXTENSION

Place foot in bottom strap, grip top strap, point your toe



4. HIP ADDUCTION

Compress using your inner thighs.

B LOWER BODY CIRCUIT



5. HIP ABDUCTION

Spread straps apart using your outer hips.



6. HIP FLEXOR

Place one foot on bottom strap and the other in the top strap. Raise your top knee upwards



7. SEATED DEADLIFT

Place your feet on the bottom straps, grip the top straps, keep your back straight, lean backwards

WEEKS 5-7

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (10 - 20 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (20 - 40 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (40 - 60 minutes)

7-second isometric hold
(60%-80% of max effort) followed by 12 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 12 repetitions.

A UPPER BODY CIRCUIT



1. CHEST COMPRESSION

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



2. CABLE SPREAD

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



3. CHEST COMPRESSION LOWER

Compress your Bullworker at or below your waist.



4. LAT PULLDOWN

Place one handle on hip and pull down

A UPPER BODY CIRCUIT



5. CHEST COMPRESSION UPPER

Compress your Bullworker at head height



6. BENTOVER BACK ROW

Stand on bottom strap, bend over, and pull top strap upwards



7. SIDE CHEST COMPRESSION

Reach one arm to the side and compress your Bullworker across your body with opposite arm

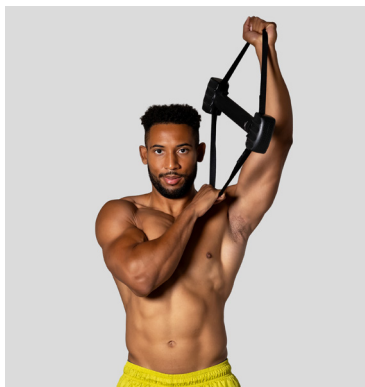


8. ARCHER

Reach one arm to the side and pull the strap with other arm across your body

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

A CHEST, SHOULDERS, TRICEPS, ABS



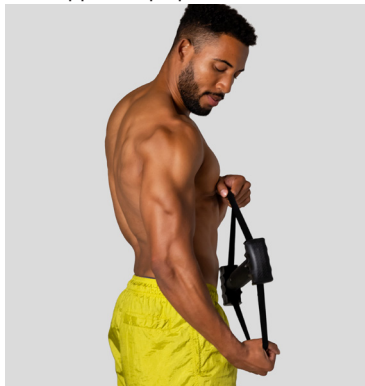
9. SHOULDER PRESS

Hold the Bullworker to the side with your top hand on the strap at shoulder height
Press upper strap upwards



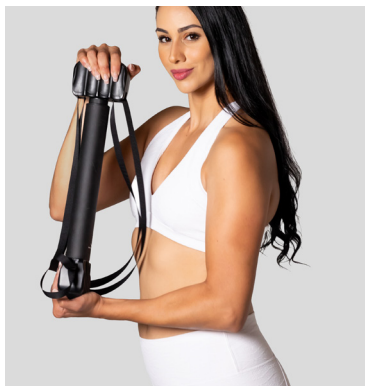
10. OVERHEAD CABLE SPREAD

Spread your Bullworker over head.



11. REVERSE GRIP TRICEPS PUSH EXTENSION

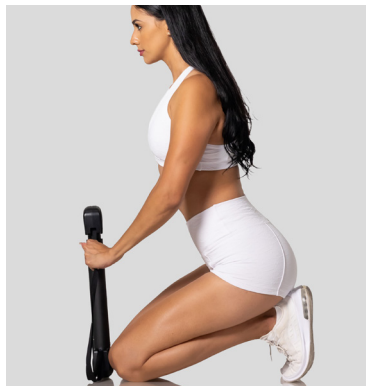
Bend only at your elbow. Extend
bottom strap down



12. BICEP CURL

Bend only at your elbow. Curl
Bullworker upwards

A UPPER BODY CIRCUIT



13. TRICEP CABLE PUSHDOWN

Grip top of the straps. Bend only at your elbow. Push straps down

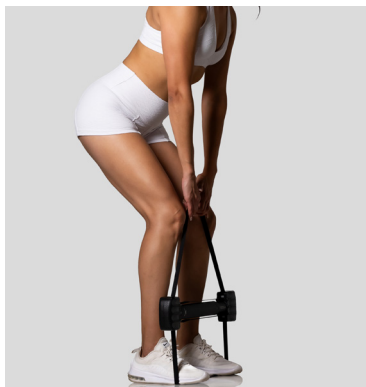


14. HAMMER CURL

Bend only at your elbow. Curl Bullworker upwards gripping the bottom of the thick tube

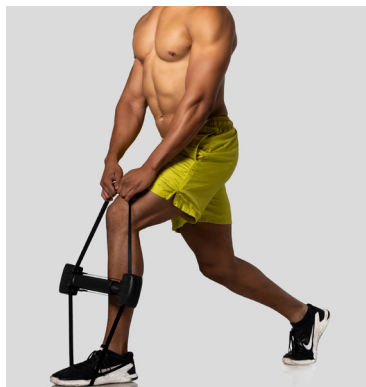
Isometric hold (60%-80% of maximum effort) followed by 12 repetitions.

B LOWER BODY CIRCUIT W/ CORE



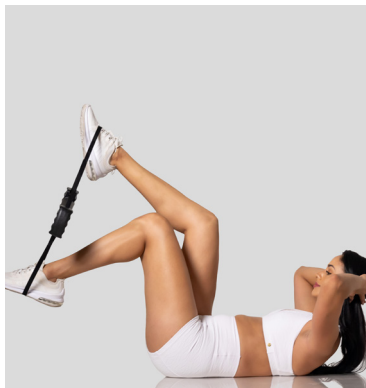
1. DEADLIFT

Stand on bottom strap, grip top strap, keep your back straight and stand up



2. LUNGES

Stand on bottom strap with one foot, grip top strap, step opposite foot back and kneel



3. LEG CURL / EXTENSION

Place your top foot in the top strap
bottom foot on the bottom strap
• Extend your legs bending only at the knee. *Keep the tension



4. LEG PRESS

Extend Leg with your knee slightly bent

B

LOWER BODY CIRCUIT W/ CORE



5. CALF EXTENSION

Place foot in bottom strap, grip top strap, point your toe



6. HIP ABDUCTION

Spread straps apart using your outer hips.



7. HIP ADDUCTION

Compress using your inner thighs.

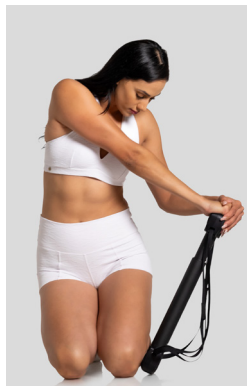
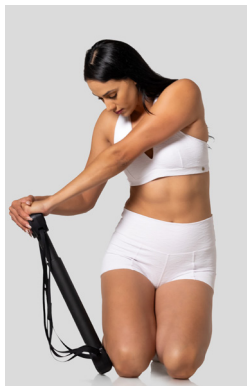


8. HIP FLEXOR

Place one foot on bottom strap and the other in the top strap. Raise your top knee upwards

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

B LOWER BODY CIRCUIT W/ CORE



9. RESISTED CRUNCH

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



10. SEATED DEADLIFT

Place your feet on the bottom straps, grip the top straps, keep your back straight, lean backwards

WEEKS 8-10

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (10 - 20 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (20 - 40 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (40 - 60 minutes)

7-second isometric hold
(60%-80% of max effort) followed by 8 reps. Higher resistance
with slow controlled release

(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 8 repetitions.

A UPPER BODY CIRCUIT



1. CHEST COMPRESSION

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



2. CABLE SPREAD

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



3. CHEST COMPRESSION LOWER

Compress your Bullworker at or below your waist.



4. LAT PULLDOWN

Place one handle on hip and pull down

A UPPER BODY CIRCUIT



5. CHEST COMPRESSION UPPER

Compress your Bullworker at head height



6. BENTOVER BACK ROW

Stand on bottom strap, bend over, and pull top strap upwards



7. SIDE CHEST COMPRESSION

Reach one arm to the side and compress your Bullworker across your body with opposite arm



8. ARCHER

Reach one arm to the side and pull the strap with other arm across your body

Isometric hold (60%-80% of maximum effort) followed by 8 repetitions.

A UPPER BODY CIRCUIT



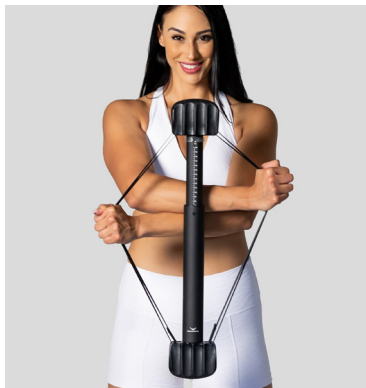
9. LOWER SIDE CHEST COMPRESSION

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



10. BEHIND HEAD COMPRESSION

Compress your Bullworker using an overhand grip at or above shoulder height

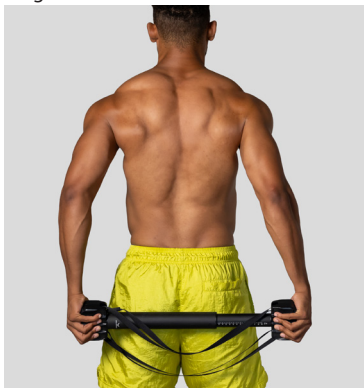


11. CHEST SQUEEZE

Right hand grips left strap and left hand grips right strap (crossed arms)

• Squeeze your arms across your body

*Switch arm position and repeat

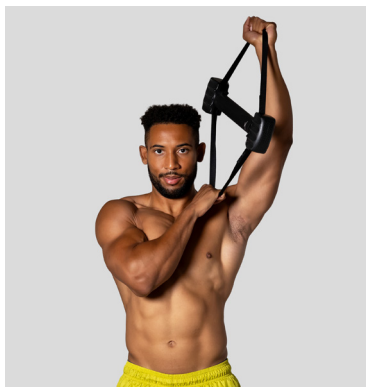


12. BEHIND BACK COMPRESSION

Hold Bullworker parallel to the ground and compress.

*Variation: On the edge of a seat, hold

A UPPER BODY CIRCUIT



13. SHOULDER PRESS

Hold the Bullworker to the side with your top hand on the strap at shoulder height
Press upper strap upwards



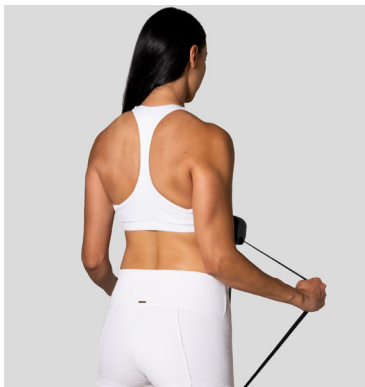
14. OVERHEAD CABLE SPREAD

Spread your Bullworker over head.



15. VERTICAL ROTATOR CUFF

- Keep your shoulder to elbow parallel to the ground at shoulder height
- As a lever, raise your top arm keeping your shoulder parallel

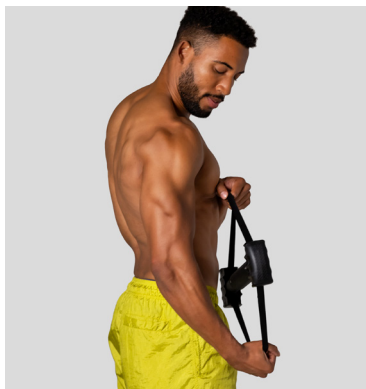


16. LATERAL ROTATOR CUFF

- Keep your elbows tucked by your side
- Spread straps by moving hands out
- *Keep elbows tucked to your side

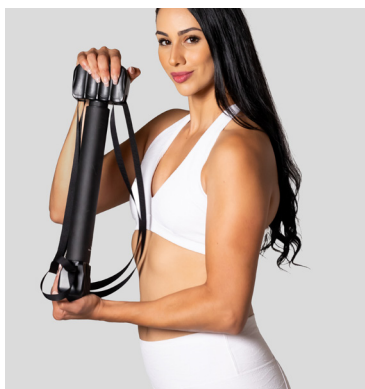
Isometric hold (60%-80% of maximum effort) followed by 8 repetitions.

A UPPER BODY CIRCUIT



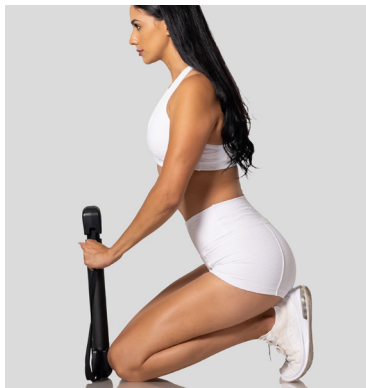
17. REVERSE GRIP TRICEPS PUSH EXTENSION

Bend only at your elbow. Extend bottom strap down.



18. BICEP CURL

Bend only at your elbow. Curl Bullworker upwards.



19. TRICEP CABLE PUSHDOWN

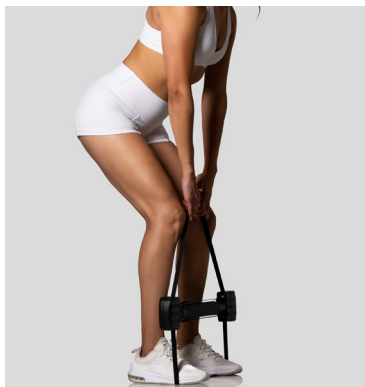
Grip top of the straps. Bend only at your elbow. Push straps down.



20. HAMMER CURL

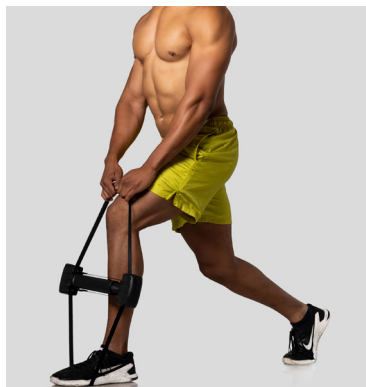
Bend only at your elbow. Curl Bullworker upwards gripping the bottom of the thick tube.

B LOWER BODY CIRCUIT W/ CORE



1. DEADLIFT

Stand on bottom strap, grip top strap, keep your back straight and stand up



2. LUNGES

Stand on bottom strap with one foot, grip top strap, step opposite foot back and kneel



3. LEG CURL / EXTENSION

Place your top foot in the top strap
bottom foot on the bottom strap

- Extend your legs bending only at the knee. Keep the tension



4. LEG PRESS

Extend Leg with your knee slightly bent

Isometric hold (60%-80% of maximum effort) followed by 8 repetitions.

B LOWER BODY CIRCUIT W/ CORE



5. CALF EXTENSION

Place foot in bottom strap, grip top strap, point your toe



6. HIP ABDUCTION

Spread straps apart using your outer hips.



7. HIP ADDUCTION

Compress using your inner thighs.

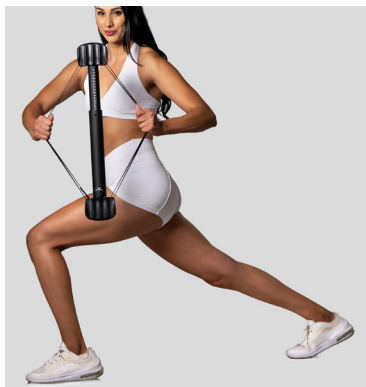


8. HIP FLEXOR

Place one foot on bottom strap and the other in the top strap. Raise your top knee upwards

B

LOWER BODY CIRCUIT W/ CORE



9. THORACIC LUNGE CABLE SPREAD

Engage your legs (pull your feet towards each other) rotate both directions, both sides



10. THORACIC LUNGE CHEST COMPRESSION

Engage your legs (pull your feet towards each other) rotate both directions, both sides



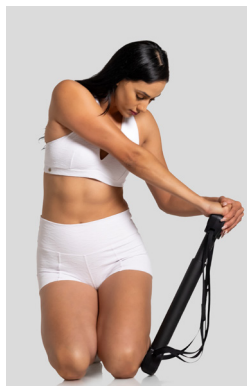
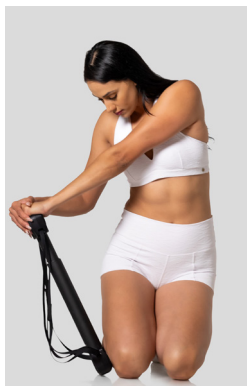
DEADBUG CROSSOVERS

Muscles Engaged: Lower Abs - Hip Flexor

- Place one handle on your thigh
- Grip other handle with your opposite arm
- Compress your unit by bringing your knee up and arm down
- Extend your opposite leg and opposite arm fully

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

B LOWER BODY CIRCUIT W/ CORE



12. RESISTED CRUNCH

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



13. SEATED DEADLIFT

Place your feet on the bottom straps, grip the top straps, keep your back straight, lean backwards

WEEKS 11-13

CHOOSE YOUR GOAL

FOUNDATIONAL STRENGTH - 1 SET

Target duration (10 - 20 minutes)

MUSCLE ENHANCEMENT - 2 SETS

Target duration (20 - 40 minutes)

PEAK PERFORMANCE - 3 SETS

Target duration (40 - 60 minutes)

7-second isometric hold (60%-80% of max effort) followed by 6 reps. Hold at the end and release for 3 seconds for each rep.

(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

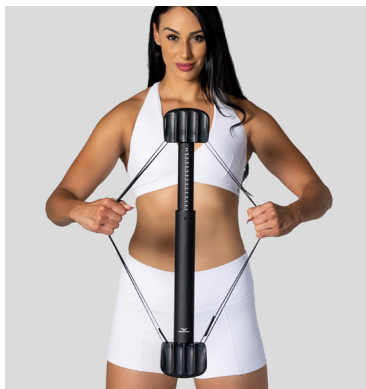
Isometric hold (60%-80% of maximum effort) followed by 6 repetitions.

A UPPER BODY CIRCUIT



1. CHEST COMPRESSION

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



2. CABLE SPREAD

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



3. CHEST COMPRESSION LOWER

Compress your Bullworker at or below your waist.



4. LAT PULLDOWN

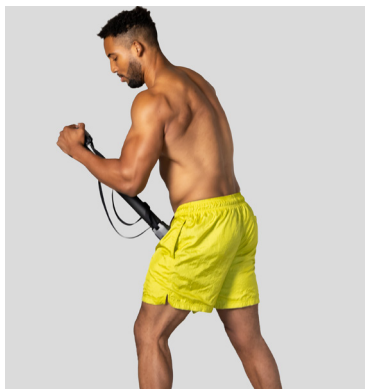
Place one handle on hip and pull down

A UPPER BODY CIRCUIT



5. CHEST COMPRESSION UPPER

Compress your Bullworker at head height



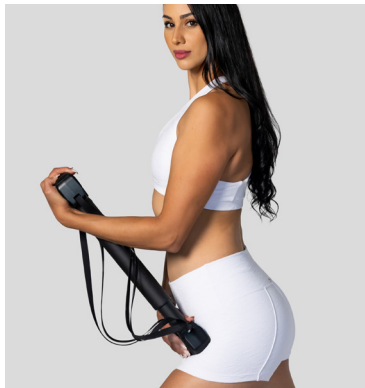
6. NEUTRAL GRIP LAT PULLDOWN

Place one handle on hip and pull down with a neutral grip.



7. SIDE CHEST COMPRESSION

Reach one arm to the side and compress your Bullworker across your body with opposite arm



8. REVERSE GRIP LAT PULLDOWN

Compress your Bullworker using an overhand grip at or above shoulder height. Underhand grip

Isometric hold (60%-80% of maximum effort) followed by 6 repetitions.

A UPPER BODY CIRCUIT



9. LOWER SIDE CHEST COMPRESSION

Compress your Bullworker using an underhand grip at or above shoulder height



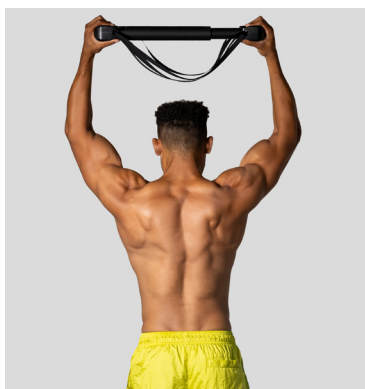
10. ARCHER

Reach one arm to the side and pull the strap with other arm across your body



11. BENTOVER BACK ROW

Stand on bottom strap, bend over, and pull top strap upwards

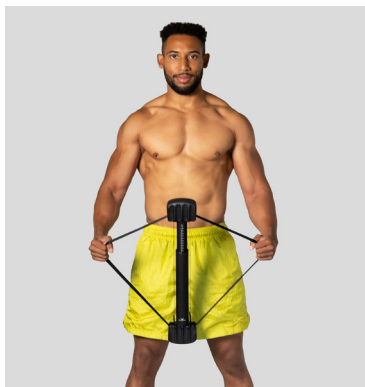


12. OVERHEAD COMPRESSION

Compress your Bullworker directly overhead

A

UPPER BODY CIRCUIT



13. LOWER CABLE SPREAD

Spread straps at waist height



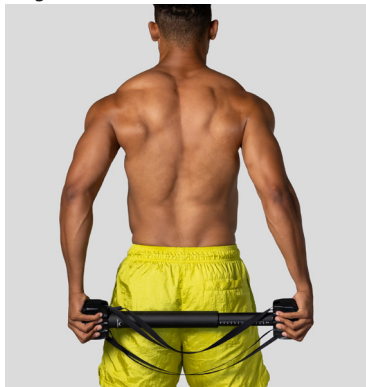
14. BEHIND HEAD COMPRESSION

Compress your Bullworker using an overhand grip at or above shoulder height



15. REVERSE GRIP BACK ROW

Place feet in bottom strap, grip top strap with palms facing up, pull upper strap towards your body

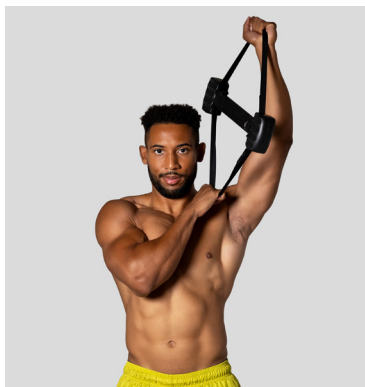


16. BEHIND BACK COMPRESSION

Hold Bullworker parallel to the ground and compress.

*Variation: On the edge of a seat, hold Bullworker underneath legs

A CHEST, SHOULDERS, TRICEPS, ABS



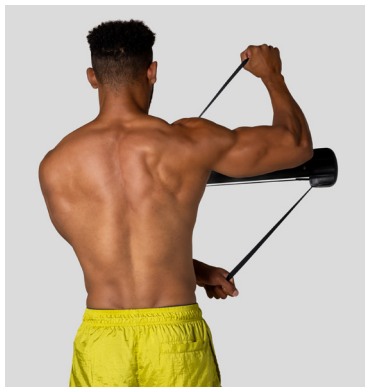
17. SHOULDER PRESS

Hold the Bullworker to the side with your top hand on the strap at shoulder height
Press upper strap upwards



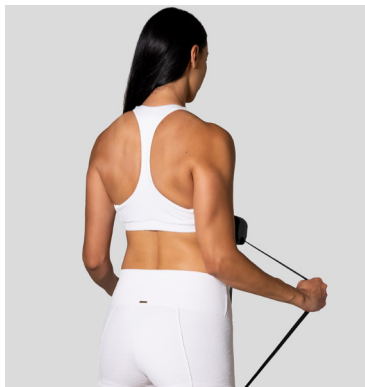
18. OVERHEAD CABLE SPREAD

Spread your Bullworker over head.



19. VERTICAL ROTATOR CUFF

- Keep your shoulder to elbow parallel to the ground at shoulder height
- As a lever, raise your top arm keep your shoulder to parallel parallel

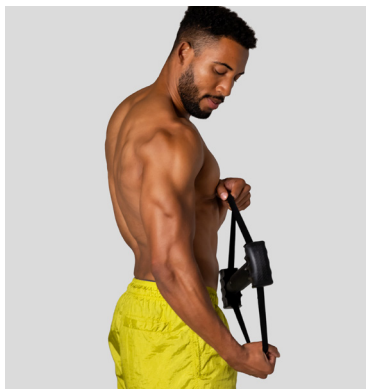


20. LATERAL ROTATOR CUFF

- Keep your elbows tucked by your side
- Spread straps by moving hands out
- *Keep elbows tucked to your side

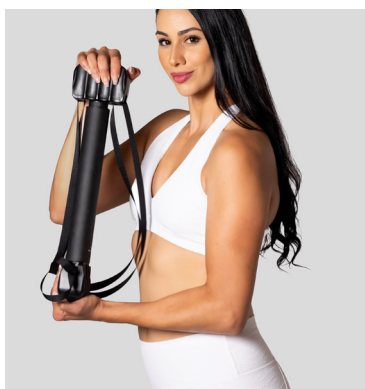
Isometric hold (60%-80% of maximum effort) followed by 6 repetitions.

A UPPER BODY CIRCUIT



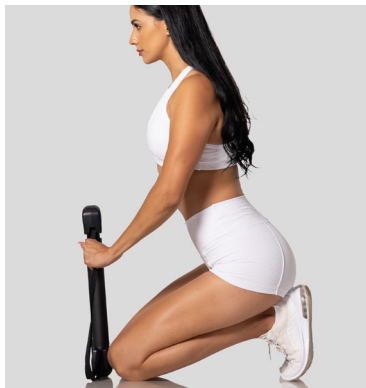
21. REVERSE GRIP TRICEPS PUSH EXTENSION

Bend only at your elbow. Extend bottom strap down



22. BICEP CURL

Bend only at your elbow. Curl Bullworker upwards



23. TRICEP CABLE PUSHDOWN

Grip top of the straps. Bend only at your elbow. Push straps down

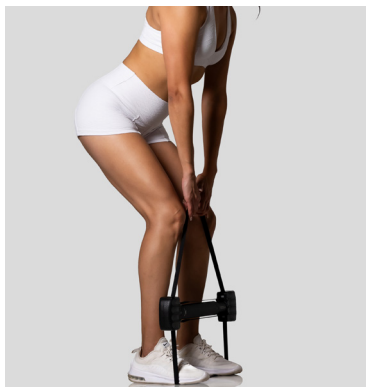


24. HAMMER CURL

Bend only at your elbow. Curl Bullworker upwards gripping the bottom of the thick tube

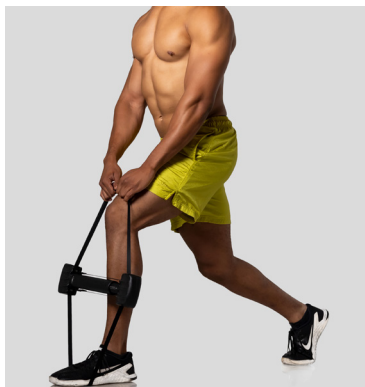
B

LOWER BODY CIRCUIT W/ CORE



1. DEADLIFT

Stand on bottom strap, grip top strap, keep your back straight and stand up



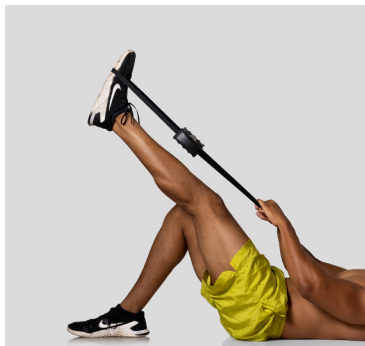
2. LUNGES

Stand on bottom strap with one foot, grip top strap, step opposite foot back and kneel



3. LEG CURL / EXTENSION

Place your top foot in the top strap
bottom foot on the bottom strap
• Extend your legs bending only at the knee. *Keep the tension

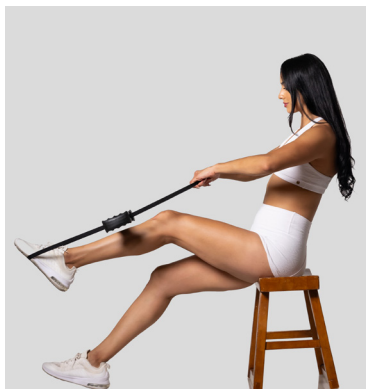


4. LEG PRESS

Extend Leg with your knee slightly bent

Isometric hold (60%-80% of maximum effort) followed by 6 repetitions.

B LOWER BODY CIRCUIT W/ CORE



5. CALF EXTENSION

Place foot in bottom strap, grip top strap, point your toe



6. HIP ABDUCTION

Spread straps apart using your outer hips.



7. HIP ADDUCTION

Compress using your inner thighs.

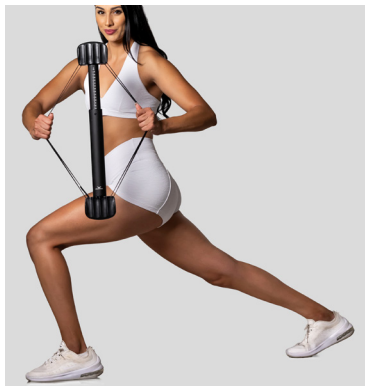


8. HIP FLEXOR

Place one foot on bottom strap and the other in the top strap. Raise your top knee upwards

B

LOWER BODY CIRCUIT W/ CORE



9. THORACIC LUNGE CABLE SPREAD

Engage your legs (pull your feet towards each other) rotate both directions, both sides



10. THORACIC LUNGE CHEST COMPRESSION

Engage your legs (pull your feet towards each other) rotate both directions, both sides



11. RESISTED WARRIOR

Stand with one foot on the bottom strap, grip top strap, hinge at your hips and extend your opposite leg

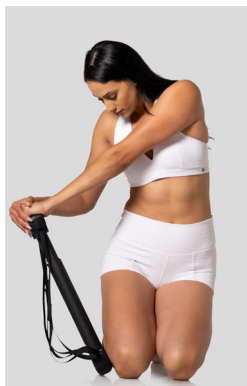


12. DEADBUG CROSSOVERS

- Place one handle on your thigh
- Grip other handle with your opposite arm
- Compress your unit by bringing your knee up and arm down
- Extend your opposite leg and opposite arm fully

Isometric hold (60%-80% of maximum effort) followed by 6 repetitions.

B LOWER BODY CIRCUIT W/ CORE



13. RESISTED CRUNCH

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



14. SEATED DEADLIFT

Place your feet on the bottom straps, grip the top straps, keep your back straight, lean backwards

YOU MAY ALSO LIKE



Steel Bow: The dumbbell of Bullworker is a shorter version (20") of the Bullworker giving you more versatility, muscle targeting, and traveling capabilities.



Bow Classic: The barbell of Bullworker (36") specializes in muscle power development and greater opportunity for legs.



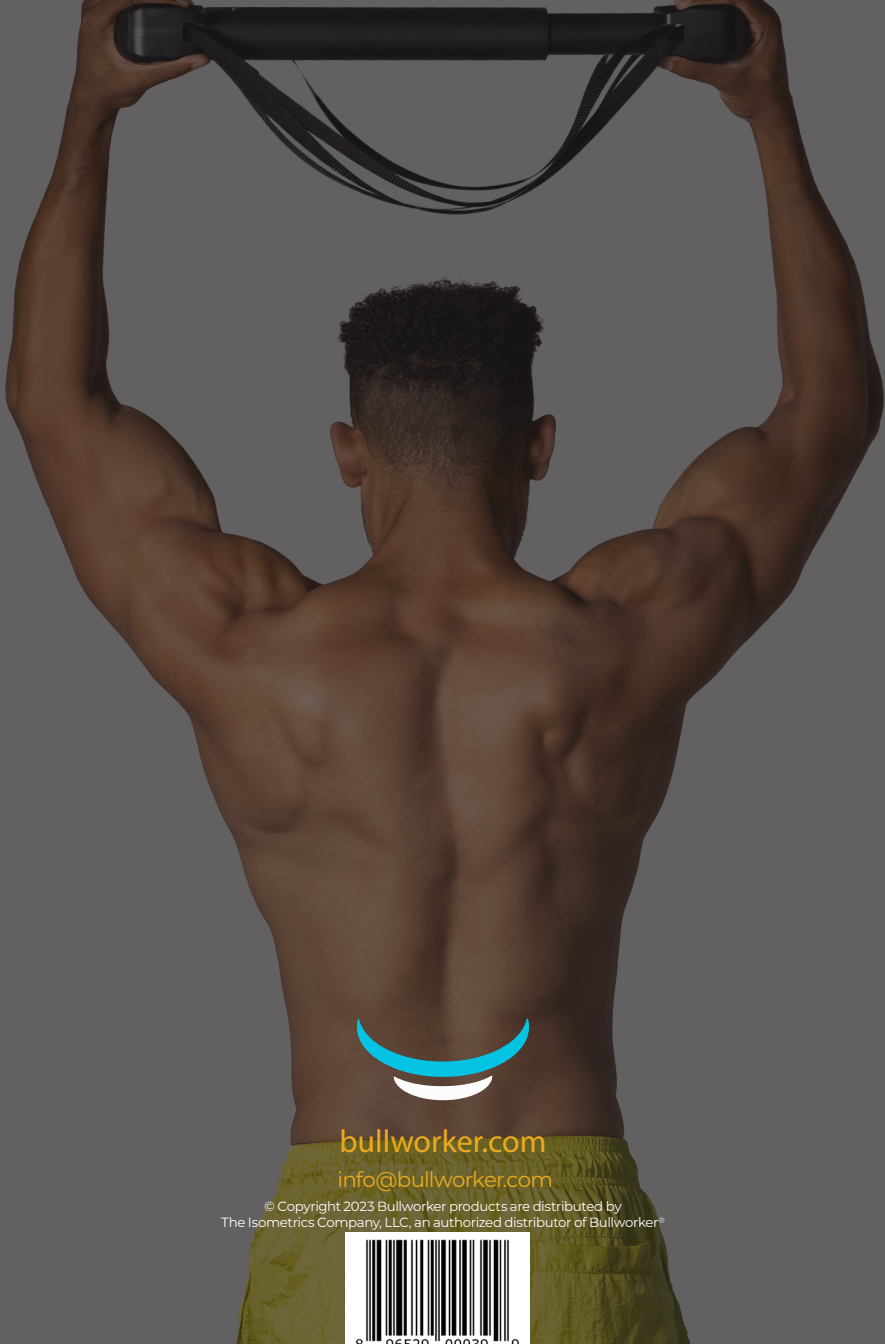
ISO-FLO: Enhance your Bullworker and fitness experience with ISO-FLO to strengthening your core and improve your range of motion. Integrates with your Bullworker for added range of motion for your deadlifts, leg presses, curls, and more.



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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