

## WALL CHART

**WARNING:** To be successful in this program, you must follow the instructions carefully. Do not attempt to perform any exercise unless you have been properly instructed. If you are unsure of the proper technique, consult your instructor or a qualified fitness professional. Always use proper form and technique to avoid injury. Do not overexert yourself. Stop immediately if you feel pain or discomfort. Consult your doctor before starting any exercise program.



### Powermeter progress chart

Record your progress here. Use a pencil to mark your progress. The chart is designed to help you track your progress over time.

| Exercise | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|----------|-------|-------|-------|-------|-------|-------|-------|
| 1        |       |       |       |       |       |       |       |
| 2        |       |       |       |       |       |       |       |
| 3        |       |       |       |       |       |       |       |
| 4        |       |       |       |       |       |       |       |
| 5        |       |       |       |       |       |       |       |
| 6        |       |       |       |       |       |       |       |
| 7        |       |       |       |       |       |       |       |
| 8        |       |       |       |       |       |       |       |
| 9        |       |       |       |       |       |       |       |
| 10       |       |       |       |       |       |       |       |
| 11       |       |       |       |       |       |       |       |
| 12       |       |       |       |       |       |       |       |
| 13       |       |       |       |       |       |       |       |
| 14       |       |       |       |       |       |       |       |
| 15       |       |       |       |       |       |       |       |
| 16       |       |       |       |       |       |       |       |
| 17       |       |       |       |       |       |       |       |
| 18       |       |       |       |       |       |       |       |
| 19       |       |       |       |       |       |       |       |
| 20       |       |       |       |       |       |       |       |
| 21       |       |       |       |       |       |       |       |
| 22       |       |       |       |       |       |       |       |
| 23       |       |       |       |       |       |       |       |
| 24       |       |       |       |       |       |       |       |

Use a pencil to mark your progress. The chart is designed to help you track your progress over time.

| Exercise | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|----------|-------|-------|-------|-------|-------|-------|-------|
| 1        |       |       |       |       |       |       |       |
| 2        |       |       |       |       |       |       |       |
| 3        |       |       |       |       |       |       |       |
| 4        |       |       |       |       |       |       |       |
| 5        |       |       |       |       |       |       |       |
| 6        |       |       |       |       |       |       |       |
| 7        |       |       |       |       |       |       |       |
| 8        |       |       |       |       |       |       |       |
| 9        |       |       |       |       |       |       |       |
| 10       |       |       |       |       |       |       |       |
| 11       |       |       |       |       |       |       |       |
| 12       |       |       |       |       |       |       |       |
| 13       |       |       |       |       |       |       |       |
| 14       |       |       |       |       |       |       |       |
| 15       |       |       |       |       |       |       |       |
| 16       |       |       |       |       |       |       |       |
| 17       |       |       |       |       |       |       |       |
| 18       |       |       |       |       |       |       |       |
| 19       |       |       |       |       |       |       |       |
| 20       |       |       |       |       |       |       |       |
| 21       |       |       |       |       |       |       |       |
| 22       |       |       |       |       |       |       |       |
| 23       |       |       |       |       |       |       |       |
| 24       |       |       |       |       |       |       |       |

**FIRST WEEK**  
Complete exercise 1 to 7 every day

**SECOND WEEK**  
Complete exercise 1 to 7 every day and add three more exercises each day.



**1 CHEST, shoulders and arms**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**2 CHEST, shoulders and arms**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**3 ARMS**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**4 ARMS**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**5 SHOULDERS and arms**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**6 STOMACH**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**7 BACK**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**8 ARMS**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



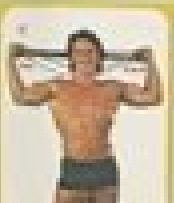
**9 ARMS**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**10 ARMS**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**11 SHOULDERS**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**12 SHOULDERS and arms**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**13 STOMACH and arms**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**14 STOMACH**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**15 STOMACH**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**16 BACK**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**17 BACK**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**18 BACK**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**19 BACK**

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**20 BACK**

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**21 BACK**

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**22 BACK**

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**23 BACK**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



**24 BACK**

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.

# Bullworker Exercise Manual

**M Planty**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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