

# 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 in the following chart. Use the Powermeter to measure your strength and endurance.

| 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       |       |       |       |       |       |       |       |
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| 22       |       |       |       |       |       |       |       |
| 23       |       |       |       |       |       |       |       |
| 24       |       |       |       |       |       |       |       |

Use the following chart to record your progress. The chart is divided into two sections: Strength and Endurance. Record your results in the appropriate section.

| 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, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**2 CHEST, shoulders and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**3 ARMS**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**4 ARMS**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**5 SHOULDERS and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**6 SHOULDERS and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**7 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**8 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



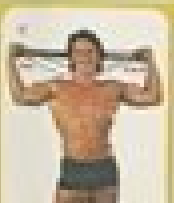
**9 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**10 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**11 SHOULDERS and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**12 SHOULDERS and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**13 SHOULDERS and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**14 SHOULDERS and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**15 SHOULDERS and arms**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**16 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**17 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**18 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**19 BACK**

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Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**21 BACK**

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**22 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**23 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.



**24 BACK**

Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, arms extended. Pull the handles towards your chest, squeezing your chest and shoulder muscles. Hold for 10 seconds. Repeat 10 times.

# **Bullworker Exercise Manual**

**Karin Nielsen-Saines**

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.

## **Bullworker Exercise Manual:**

**The Bullworker Compendium** Brian Sterling-Vete, Helen Wuorio, 2018-05-03 At between 575 and 590 pages long The Bullworker Compendium TM is the combination of both The Bullworker Bible TM and The Bullworker 90 TM Course in a single huge book To save printing costs the only thing we've eliminated are duplicated sections everything else remains the same This way we're able to offer both books in one for less than the combined price of the two other books The Bullworker Compendium TM starts with The Bullworker Bible TM and at the end of that it progresses seamlessly into The Bullworker 90 TM Course The Bullworker Bible TM is the definitive resource guide for all Bullworker R users and it's the companion book for The Bullworker 90 TM Course The Bullworker Bible TM is the complete science based user friendly guide of how the Bullworker should be used properly to deliver maximum results It also shows you how to effectively use the Bow Extension R and the Steel Bow R It gives you all the information that you always wanted to know but the simple wall charts and very basic instruction manuals didn't How Repetition Compression Speed Control is Essential Correct Breathing Techniques Hooke's Law of Physics and The Bullworker TM Correct Biomechanics for Best Results The Bullworker Bible TM is also the essential guide for all users of the Bullworker X5 Bully Extreme ISO 7x and the Bullworker X7 The Bullworker 90 TM Course is the essential 90 day 12 week course for all Bullworker R users and it's the companion book to The Bullworker Bible TM The Bullworker 90 TM Course is approved by the makers and distributors of The Bullworker at Bullworker.com The Bullworker 90 TM is a 400 page science based user friendly step by step course designed to increase strength fitness grow muscle body build and increase power over a 90 day 12 week period The Bullworker 90 TM Course is a detailed exercise plan which progressively increases in intensity as the days and weeks progress New exercises are added almost every week with complete routine changes every two weeks Each week has a detailed note section together with suggestions about exercise days and rest times etc so that you know exactly what to do and when to do it Step by step week by week instruction Progressively increasing intensity over 90 days Routine changes every two weeks Isotonic and Isometric exercise combinations Multi angle isometric exercise combinations The Bullworker 90 TM Course is designed by the authors of The Bullworker Bible TM and can be used with the Bullworker R Classic the Steel Bow R the Bullworker X5 the Bully Extreme the ISO 7x and the Bullworker X7 The Bullworker 90 TM Course also contains alternative extra exercises which incorporate the use of the Iso Bow R and the Bow Extension R that can be used with all Bullworker type exercisers to increase the range and effectiveness of the device The primary author Brian Sterling Vete is an internationally acclaimed exercise scientist and martial arts lifetime achievement award winner who is also a 45 year Bullworker R user He used the Bullworker R to coach his friend and 4 times World's Strongest Man Jon Pall Sigmarsson of Iceland Required Equipment A Bullworker R Classic or a similar device Recommended Additional Equipment Steel Bow R Bow Extension R kit 2 x Iso Bows R

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**Popular Science** ,1973-10 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better      The Complete Manual of Fitness and Well-being ,1984

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## **Table of Contents Bullworker Exercise Manual**

1. Understanding the eBook Bullworker Exercise Manual
  - The Rise of Digital Reading Bullworker Exercise Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Bullworker Exercise Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Bullworker Exercise Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Bullworker Exercise Manual
  - Personalized Recommendations
  - Bullworker Exercise Manual User Reviews and Ratings
  - Bullworker Exercise Manual and Bestseller Lists
5. Accessing Bullworker Exercise Manual Free and Paid eBooks
  - Bullworker Exercise Manual Public Domain eBooks
  - Bullworker Exercise Manual eBook Subscription Services
  - Bullworker Exercise Manual Budget-Friendly Options
6. Navigating Bullworker Exercise Manual eBook Formats

- ePub, PDF, MOBI, and More
- Bullworker Exercise Manual Compatibility with Devices
- Bullworker Exercise Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Bullworker Exercise Manual
  - Highlighting and Note-Taking Bullworker Exercise Manual
  - Interactive Elements Bullworker Exercise Manual
- 8. Staying Engaged with Bullworker Exercise Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Bullworker Exercise Manual
- 9. Balancing eBooks and Physical Books Bullworker Exercise Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Bullworker Exercise Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Bullworker Exercise Manual
  - Setting Reading Goals Bullworker Exercise Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Bullworker Exercise Manual
  - Fact-Checking eBook Content of Bullworker Exercise Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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