

Shoulders
Chest
Arms



Bullworker

"The Best Kept Secret In Fitness"
Upper Body "POWER" Exercises



Arms
Shoulders



Triceps
Biceps
Forearms
Shoulders



POWER
Press

10 REPS 10 seconds
HOLD 10 seconds to 15
10 REPS 10 seconds

POWER
Pull

10 REPS 10 seconds
HOLD 10 seconds to 15
10 REPS 10 seconds



Arms
Chest
Shoulders



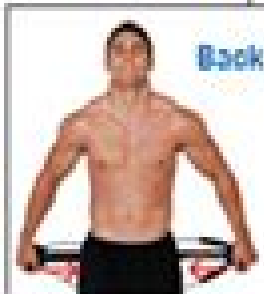
Back
Arms
Abs



Back
Shoulders
Arms



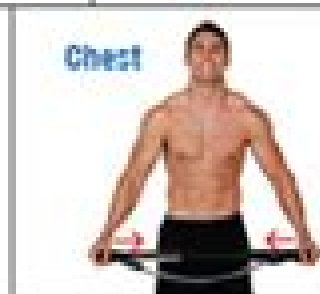
Back & Shoulders



Back



Chest
Shoulders
Forearms



Chest



Shoulders
Lower Back

Bullworker Guide

Brian Sterling-Vete, Helen Wuorio

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the authors' names.

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