

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 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 progress.

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

1. Chest (under arms)

2. Waist (narrowest part)

3. Hips (widest part)

4. Thighs (widest part)

5. Arms (elbow to wrist)

6. Legs (knee to ankle)

7. Neck (base of skull to larynx)

8. Head (forehead to chin)

9. Feet (heel to toe)

10. Fingers (base to tip)

11. Hand (wrist to middle finger)

12. Forearm (elbow to wrist)

13. Upper arm (shoulder to elbow)

14. Lower arm (elbow to wrist)

15. Shoulder (acromion to acromion)

16. Hip (greater trochanter to greater trochanter)

17. Knee (patella to patella)

18. Ankle (malleolus to malleolus)

19. Neck (larynx to larynx)

20. Head (ear to ear)

21. Foot (heel to toe)

22. Finger (base to tip)

23. Hand (wrist to middle finger)

24. Forearm (elbow to wrist)

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 (under arms)

1. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



2 CHEST (under arms)

2. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



3 ARMS

3. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



4 BACK

4. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



5 SHOULDERS

5. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



6 STOMACH

6. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



7 BACK

7. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



8 ARMS

8. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



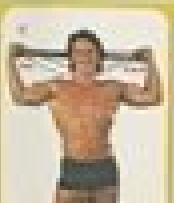
9 BACK

9. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



10 ARMS

10. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



11 SHOULDERS

11. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



12 BACK

12. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



13 STOMACH

13. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



14 BACK

14. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



15 ARMS

15. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



16 SHOULDERS

16. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



17 BACK

17. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



18 ARMS

18. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



19 SHOULDERS

19. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



20 BACK

20. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



21 STOMACH

21. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



22 BACK

22. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



23 ARMS

23. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.



24 SHOULDERS

24. Stand with feet shoulder-width apart, knees slightly bent, and arms extended forward. Pull the handles towards your chest, keeping your elbows close to your body. Hold for 10 seconds. Repeat 10 times.

Bullworker Exercise Manual

Brian Sterling-Vete, Helen Renee

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

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

Manual of Practical Medicine R Alagappan, 2014-08-31 This manual emphasizes the practical features of clinical diagnosis and patient

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