

WALL CHART

WARNING: Do not use the Bullworker if you are pregnant, have a heart condition, or are taking medicine that affects your blood pressure. Consult your doctor before using the Bullworker. Do not use the Bullworker if you have a recent injury to your back, neck, or joints. Do not use the Bullworker if you are feeling dizzy, lightheaded, or nauseous. Do not use the Bullworker if you are feeling any pain or discomfort. Do not use the Bullworker if you are feeling any weakness or fatigue. Do not use the Bullworker if you are feeling any numbness or tingling. Do not use the Bullworker if you are feeling any swelling or redness. Do not use the Bullworker if you are feeling any itching or rash. Do not use the Bullworker if you are feeling any other unusual symptoms. Do not use the Bullworker if you are feeling any other unusual symptoms.



Powermeter progress chart

Exercise 1 to 7 every day and add three more exercises each day.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
1																														
2																														
3																														
4																														
5																														
6																														
7																														

Do not use the Bullworker if you are feeling any pain or discomfort.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
1																														
2																														
3																														
4																														
5																														
6																														
7																														

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 (standing) *1st week*

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



2 CHEST (standing) *2nd week*

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



3 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



4 KNEES

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



5 SHOULDERS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



6 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



7 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



8 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



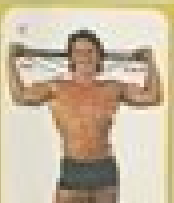
9 KNEES

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



10 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



11 SHOULDERS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



12 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



13 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



14 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



15 SHOULDERS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



16 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



17 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



18 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



19 SHOULDERS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



20 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



21 BACK

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



22 ARMS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



23 SHOULDERS

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.



24 STOMACH

Stand with feet shoulder-width apart, knees slightly bent. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, keeping your arms straight. Hold for 10 seconds. Repeat 10 times.

Bullworker Original Fitness Manual

Raffaela Di Napoli



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