

WALL CHART

Warning: To be successful in your exercise program, you must follow certain guidelines. First, you must be in good health. If you have any medical conditions, consult your doctor before starting. Second, you must be consistent. Exercise regularly, at least three times a week. Third, you must be realistic. Set goals that are achievable. Fourth, you must be patient. Results will not come overnight. Fifth, you must be safe. Use proper form and technique to avoid injury. Sixth, you must be motivated. Find a reason for exercising that you can stick to. Seventh, you must be flexible. Be willing to change your program if it isn't working. Eighth, you must be persistent. Don't give up when you feel tired or discouraged. Ninth, you must be disciplined. Stick to your schedule and don't make excuses. Tenth, you must be happy. Enjoy the process and the results.



Powermeter progress chart

Record your progress on this chart. Use the Powermeter to measure your strength and endurance. The chart shows your progress over time, allowing you to track your improvement.

Exercise	Reps	Time	Score
1			
2			
3			
4			
5			
6			
7			
8			
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10			
11			
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24			

Use this chart to record your progress. The chart shows your progress over time, allowing you to track your improvement.

Exercise	Reps	Time	Score
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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.



CHEST (standing) *see page 10*

1. 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, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



CHEST (standing) *see page 10*

2. 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, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



ARM

3. 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, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

4. 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, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



SHOULDER

5. 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, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



STOMACH

6. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

7. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

8. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



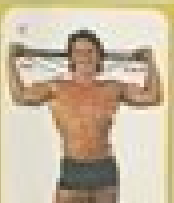
BACK

9. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



CHEST

10. 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, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



SHOULDER

11. 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, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

12. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

13. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



STOMACH

14. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



STOMACH

15. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

16. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

17. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

18. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

19. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



STOMACH

20. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



STOMACH

21. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



STOMACH

22. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



STOMACH

23. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



BACK

24. Lie on your back with knees bent and feet flat on the floor. Hold the Bullworker handles with both hands, palms facing each other. Pull the handles towards your chest, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.

Original Bullworker Exercise Manual

Tao Wei



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associate duration 90mins questions 60