

WALL CHART

WARNING: Do not use the Bullworker if you have any of the following conditions: heart disease, high blood pressure, recent surgery, or any other condition that might be aggravated by strenuous exercise. Consult your doctor before using the Bullworker.



Powermeter progress chart

Record your progress on this chart. Use the Bullworker for 10-15 minutes each day.

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							

MEASUREMENTS: Record your measurements on this chart. Use the Bullworker for 10-15 minutes each day.

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 Bullworker with both hands in front of your chest. Pull the handles towards your shoulders, squeezing your chest muscles. Hold for 10 seconds. Repeat 10 times.



2 CHEST, shoulders and arms

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



3 ARMS

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



4 ARMS

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



5 SHOULDERS and arms

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



6 STOMACH

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



7 BACK

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



8 ARMS

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



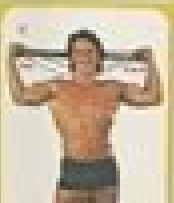
9 ARMS

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



10 ARMS

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



11 SHOULDERS

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



12 SHOULDERS

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



13 STOMACH

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



14 STOMACH

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



15 STOMACH

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



16 BACK

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



17 BACK

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



18 BACK

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



19 BACK

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



20 BACK

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



21 BACK

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



22 BACK

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



23 BACK

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



24 BACK

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

Original Bullworker Exercise Manual

PT Brinkman



Original Bullworker Exercise Manual:

The Illustrated Weekly of India ,1972-07 Direct Marketing ,1978 *Ski* ,1975-09 *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 *The Bullworker*

Bible Brian Sterling-Vete, Helen Renee, 2017-07-10 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 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 **Punch** Mark Lemon, Henry Mayhew, Tom Taylor, Shirley Brooks, Francis Cowley Burnand, Owen Seaman, 1982 The Bullworker 90 Course Brian Sterling-Vete, Helen Wuorio, 2017-10-26 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 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 The Ultimate Bullworker Power Rep Range Workouts Book Two Marlon Birch, 2019-09-12 The Bullworker is Your Barbell to powerful muscles today the trainee will have no excuse not to get into the best shape of their life with just 17 exercise phases all in the convenience of your own home Transformation expert Marlon Birch CSCS whom Bullworker dubs the strongest and fittest man to build his body without the use of weights and machines Has created an efficient body transformation master plan based on the most effective strength producing unit in the world You will be amazed with these scientifically devised programs that will build a powerful symmetrical and well

proportional physique Using the power of Isotonic and Isometrics time under tension and rep speed you will transform your body and increase your strength in record breaking time Develop ripped abs a powerful chest tireless powerful legs in as little as 20 30 minutes without stressing the joints and tendons

The Ultimate Bullworker Rep Range Workouts Book Three: The Best Isotonic Exercises to Build Muscle, Increase Strength, Power and Sculpt the Best Body Marlon Birch, 2020-01-18

Book Three of the Bullworker Power Rep series increases muscle size and gives you fast and simplified training programs combined with the power of isometrics to increase strength gains You will learn How to stimulate a huge surge in muscle growth with our powerful routines with its PROVEN size enhancing methods How to reach the vital MUSCLE BUILDING THRESHOLD and learn how to get big and ripped without wasting time use our techniques to accelerate your growth potential regardless of your level of experience How to get size accelerated gains in strength with our routines that stimulate muscle producing expansion that rapidly coax key muscle fibers without overtraining you use medium tension for less joint stress as you grow bigger and more muscular Learn from the natural Bodybuilder Marlon Birch who transformed many of his clients and used these techniques to build an impressive physique Marlon will teach you how these special methods will create the best muscle gains of your life How to trigger new muscle growth by pushing the growth threshold into the high end of muscle producing tension time 60 plus seconds something people never do

The Ultimate Bullworker Power Pump Method, 2018-08-31 The Ultimate Bullworker Power Pump Method is the essential workout guide filled with powerful strength enhancing muscle producing comprehensive programs ever created to coax muscle fiber activation on all exercises This exciting new book has the power shaping tools with cutting edge science and it works big time The Power Pump Method teaches you how to add muscle and might along with stripping away fat in a short time frame The Ultimate Bullworker Power Pump Method will be the last fitness and strength guide you will ever need This series is a serious eye opener that will show you how to pack powerful popeye spinach strength and will sculpt the body you ve always dreamed of

Manual of Instruction in the Use of Dumb Bells, Indian Clubs, and Other Exercises Morris Active 1889

Bornstein, 2025-05-22 Manual of Instruction in the Use of Dumb Bells Indian Clubs and Other Exercises by Morris Bornstein offers a fascinating glimpse into late 19th century fitness practices Published in 1889 this manual provides detailed instructions and illustrations for utilizing now uncommon exercise equipment like Indian clubs alongside the more familiar dumbbells The book emphasizes a holistic approach to physical culture advocating for regular exercise to improve strength agility and overall well being Bornstein s work is valuable not only as a practical guide to historical exercise techniques but also as a social document reflecting the Victorian era s growing interest in physical health and self improvement Readers interested in the history of fitness early exercise regimens or Victorian social history will find this manual an engaging and informative resource This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work was reproduced from the original artifact and remains as true to the original work as

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Manual of Instruction in the Use of Dumb Bells, Indian Clubs, and Other Exercises Morris Bornstein,1889 **Manual of Exercises in Physical Training** Carl Ziegler,2016-05-22 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work was reproduced from the original artifact and remains as true to the original work as possible Therefore you will see the original copyright references library stamps as most of these works have been housed in our most important libraries around the world and other notations in the work This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work As a reproduction of a historical artifact this work may contain missing or blurred pages poor pictures errant marks etc Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

Koehler's West Point Manual of Disciplinary Physical Training Herman John Koehler,2013-09 This historic book may have numerous typos and missing text Purchasers can usually download a free scanned copy of the original book without typos from the publisher Not indexed Not illustrated 1919 edition Excerpt SECTION IX SETTING UP EXERCISES FOR RECRUITS PARAGRAPH What the course comprises 141 142 Number of times an exercise should be performed 143 Progressive difficulty and how obtained 144 147 Terminology 148 Respiration and its relation to exercise 149 151 Lessons 152 165 141 What the Course Comprises The course consists of one preliminary and six regular lessons Each lesson should be thoroughly mastered before an advance lesson is attempted It is recommended that one week each be devoted to the preliminary and the first lesson and two weeks to each of the following five 142 Nothing should be sacrificed for the sake of making the drill spectacular the physiological value of every exercise should be brought out fully and the disciplinary value precision smartness activity and unity of action must be insisted upon consistently and persistently By doing this instructors will lay the best foundation for the ready and precise acquirement of all other drills 143 The Number of Times an Exercise Should Be Performed This has not been prescribed as the number of repetitions any body of men may indulge in with benefit to themselves depends entirely upon the strength condition and aptitude of the men and

upon the efficiency competence and judgment of the instructor who will find that he is defeating the purpose of this training if he fails to take these into consideration and does not proceed carefully and progressively both as to the quantity and the quality of the task he is exacting 144 Progressive Difficulty and How Obtained In general the amount of energy required to perform an exercise may be progressively increased by increased repetitions or increased cadence When this is done the increased difficulty is derived

Manual of Exercises in Physical Training Carl Ziegler, 2015-06-16 Excerpt from Manual of Exercises in Physical Training Vol 1 This manual is intended as a guide for the teachers and is planned to enable them to give the gymnastic lessons in such manner that the pupils will receive the greatest amount of benefit In undertaking the preparation of this manual I considered carefully the difficulties to be overcome in attempting to meet the different conditions existing in the various schools I realized too the need of meeting the many demands made upon the Physical Training Department for pleasant and effective exercises as well as for a variety of work Since those who do the actual teaching are the ones who should understand the needs and conditions best all the members of the Physical Training Department were called in conference This book embodies many features suggested by their experience It is only when we attain correct and energetic execution on the part of the pupils when teachers and pupils alike have grasped the purpose of each exercise so as to be able to detect and correct faulty execution that we may hope for those results which alone justify teaching this subject In order that the greatest possible good may accrue to the pupils the teachers must thoroughly acquaint themselves with the subject matter The Instructions to Teachers the descriptions of the exercises the manner of giving commands as well as the lessons which are to be given must be carefully studied Teachers must also observe closely the work of the special teachers and learn the best methods of giving a gymnastic lesson In this way they will learn to use to the best possible advantage the limited time allowed this subject The lessons must be memorized so that they can be given without reference to the book There must be a regular time in the daily program for the exercises and at this time the complete lesson should be given The conditions under which the work is conducted in the regular class room are not altogether favorable For this reason the success of the lesson will depend largely upon the attitude of the class teacher The fidelity and faithful cooperation of the teachers and those in charge of the schools will determine the results attained This manual contains fifty lessons each of which is intended to be for two weeks Each grade will use twenty lessons as follows First Grade Lessons 1 to 20 Second Grade Lessons 11 to 30 Third Grade Lessons 21 to 40 Fourth Grade Lessons 31 to 50 About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve

the state of such historical works Manual of Exercises in Physical Training, Vol. 1 (Classic Reprint) Carl Ziegler,2018-01-31 Excerpt from Manual of Exercises in Physical Training Vol 1 Since those who do the actual teaching are the ones who should understand the needs and conditions best all the members of the Physical Training Department were called in conference This book embodies many features suggested by their experience It is only when we attain correct and energetic execution on the part of the pupils when teachers and pupils alike have grasped the purpose of each exercise so as to be able to detect and correct faulty execution that we may hope for those results which alone justify teaching this subject In order that the greatest possible good may accrue to the pupils the teachers must thoroughly acquaint themselves with the subject matter The Instructions to Teachers the descriptions of the exercises the manner of giving commands as well as the lessons which are to be given must be carefully studied Teachers must also observe closely the work of the special teachers and learn the best methods of giving a gymnastic lesson In this way they will learn to use to the best possible advantage the limited time allowed this subject The lessons must be memorized so that they can be given without reference to the book There must be a regular time in the daily program for the exercises and at this time the complete lesson should be given The conditions under which the work is conducted in the regular class room are not altogether favorable For this reason the success of the lesson will depend largely upon the attitude of the class teacher The fidelity and faithful cooperation of the teachers and those in charge of the schools will determine the results attained This manual contains fifty lessons each of which is intended to be for two weeks Each grade will use twenty lessons as follows About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works A Natural Method of Physical Training: Making Muscle and Reducing Flesh Without Dieting Or Apparatus (1895) Edwin Checkley,2008-06-01 This scarce antiquarian book is a facsimile reprint of the original Due to its age it may contain imperfections such as marks notations marginalia and flawed pages Because we believe this work is culturally important we have made it available as part of our commitment for protecting preserving and promoting the world s literature in affordable high quality modern editions that are true to the original work *Manual of Boxing, Club Swinging and Manly Sports - Giving Full Instructions of the Arts of Boxing, Fencing, Wrestling, Club Swinging, Dumb Bell and Gymnastic Exercises, Swimming, Tumbling, Etc.* George H. Benedict,2020-07-14 This fantastic work originally published in 1883 is a great instructional manual for the manly pursuits of boxing club swinging tumbling and other such popular Victorian fitness pursuits Along with a brand new introduction on Indian club swinging it includes a series of exercises to help you get in

shape the old fashioned way A Manual of the Theory and Practice of the Lifting Exercise ,2018-02-07 Excerpt from A Manual of the Theory and Practice of the Lifting Exercise Giving the Principles and Laws Upon Which the Claims of This Exercise Are Based and Minute Instruction for Its Applications in General and Specific Cases Also a Guide for the Use of Mann s Reactionary Lifter It is not claimed that this Manual is an exhaustive or even a complete treatise on the Theory and Practice of the Lifting Exercise Its aim is rather to present in form at once popular yet concise the principles upon which the claims of the Health Lifts are based the instruments for its practice and the laws that should govern the exerciser in his practice The great difficulty of preparing such a work consists in main taining a proper balance between perspicuity and brevity The principles of this exercise and the rules governing its administration must be grasped in their entirety As it is both universal and simultaneous it is necessary to remember all the directions at once For this reason this pamphlet has been prepared in the most concise style consistent with clearness Great care has been taken in its arrangement and a careful study should be given to the Table of Contents that from it a view of the subject in its completeness may be most successfully obtained About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works *York Advanced Methods of Weight Training* Bob Hoffman,2012-02-24 If all you want is to keep fit in the easiest possible way you can do this with the simplified course contained in this group of courses in a few minutes a day three or four times a week lifting only moderate poundages Most of the other types of barbell men enumerated will obtain all they desire in a physical way from the Four Famous York Courses which have developed more champions of strength and development more lifting champions more physique champions than all other courses combined Those who desire athletic improvement will succeed best by following the exercises of the Four York Courses with particular emphasis on the weight lifting courses Although this course can be used by any man who is not a complete beginner at weight training it is primarily designed for the man who desires the limit in muscle in strength and de velopment For the man who wants big strong muscles in the right places so that he will have perfect proportions the man who may wish to enter physique contests and win great honors and then go on to teaching others by running a gymnasium of his own Bob Hoffman This is an original version restored and re formatted edition of Bob Hoffman s 1951 classic The text remains exactly as written This book has many pages with old photographs and illustrations This is a must have book for your physical culture library Visit our website and see our many books at PhysicalCultureBooks.com

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Original Bullworker Exercise Manual Introduction

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