

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. Hip (widest part)

4. Arm (from shoulder to wrist)

5. Leg (from hip to ankle)

6. Foot (from heel to longest toe)

7. Head (from forehead to chin)

8. Neck (from larynx to base of skull)

9. Shoulder (from acromion to acromion)

10. Pelvis (from iliac crest to iliac crest)

11. Ankle (from malleolus to malleolus)

12. Wrist (from styloid process to styloid process)

13. Elbow (from olecranon to olecranon)

14. Knee (from patella to patella)

15. Heel (from calcaneus to calcaneus)

16. Toe (from phalanx to phalanx)

17. Chin (from menton to menton)

18. Neck (from larynx to base of skull)

19. Shoulder (from acromion to acromion)

20. Pelvis (from iliac crest to iliac crest)

21. Ankle (from malleolus to malleolus)

22. Wrist (from styloid process to styloid process)

23. Elbow (from olecranon to olecranon)

24. Knee (from patella to patella)

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. Hold the handles of the Bullworker under your arms, with your hands on the floor. Pull the handles towards your chest, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



2 CHEST (under arms)

2. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker under your arms, with your hands on the floor. Pull the handles towards your chest, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



3 ARMS

3. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your hands on the floor. Pull the handles towards your chest, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



4 ARMS

4. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your hands on the floor. Pull the handles towards your chest, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



5 SHOULDERS

5. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker above your head, with your hands on the floor. Pull the handles towards your shoulders, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



6 SHOULDERS

6. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker above your head, with your hands on the floor. Pull the handles towards your shoulders, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



7 BACK

7. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



8 BACK

8. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



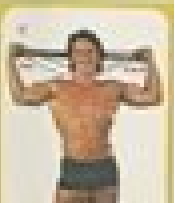
9 BACK

9. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



10 ARMS

10. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker in front of your chest, with your hands on the floor. Pull the handles towards your chest, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



11 SHOULDERS

11. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker above your head, with your hands on the floor. Pull the handles towards your shoulders, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



12 SHOULDERS

12. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker above your head, with your hands on the floor. Pull the handles towards your shoulders, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



13 BACK

13. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



14 BACK

14. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



15 BACK

15. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



16 BACK

16. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



17 BACK

17. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



18 BACK

18. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



19 BACK

19. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



20 BACK

20. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



21 BACK

21. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



22 BACK

22. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



23 BACK

23. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.



24 BACK

24. Stand with feet shoulder-width apart, knees slightly bent. Hold the handles of the Bullworker behind your back, with your hands on the floor. Pull the handles towards your back, keeping your back straight and your head down. Hold for 10 seconds. Repeat 10 times.

Original Bullworker Manual

SB Merriam

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

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