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Our Mission: Make fitness simple and improve quality of life.

Since 1962, Bullworker has been a leader in functional strength exercise resulting in stronger bodies with greater flexibility for a healthier and more active lifestyle.

We believe you need flexibility, strength, and cardio exercises to be healthy and physically fit. Bullworker products quickly give you all three with low impact and convenient product(s).

Start to experience the benefits of Bullworker training by choosing one or a combination of our fitness disciplines and get ready for a rapid transformation to your body.

Thank you for choosing Bullworker!

Cheers,
John & Chrisman Hughes
The most significant breakthrough in fitness came when Dr. E.A. Muller and Dr. Th. Hettinger discovered maximum muscle growth can be attained by exerting 60% of existing muscle strength against a superior resistance for only 7 seconds once a day; a remarkable fitness technique known as isometrics. The study at the Max Planck Institute consisted of over 200 experiments over a ten-year period. Optimum results are attained with 5 workouts per week, but impressively, even one single weekly workout is sufficient to maintain your improvements attained.

Professor James A. Baley put isometrics to the test with a class of college students at the University of Connecticut. The study resulted in the isometric training group improving three times faster than the sports training group on tests measuring increases in strength, endurance, coordination, and agility.

Bullworker pioneered portable home fitness devices and the 7-second isometric exercise for the fastest strength gains using both contraction and extension movements involving range of motion for enhancing all your major muscle groups.

Isometric exercise techniques are still the fastest method for increasing strength known to modern exercise science.

Start a Bullworker program, stay with it, and enjoy the benefits: Be stronger, look better, & feel great.
1. Always start routines slow, easing into the amount of effort put forth.

2. The slower you move, the more muscle fibers you engage for better results.

3. Focus on Dynamic Flexation, slow purposeful movement with engaged muscles.

4. Concentrate on your muscles being used. The slower the better, you cannot go too slow.

5. Always maintain steady breathing, never hold your breath.

6. Always keep your core tight.

7. Rest each muscle group after heavy exercise for a minimum of 24 hours before engaging in heavy exercise again.

8. Optimum Bullworker Isometric Holds only require 60% - 80% of maximum effort for 7-10 seconds.


10. Stretching before and after help recovery and enhance your range of motion. See your Iso-Bow and Iso-Core Bow Extensions.

11. Keep joints in natural position during exercise. If pain develops, stop, proper exercise is not painful.
ROUTINE VARIATIONS
Choose one or a combination for your desired results.

ISOMETRICS (STRENGTH BUILDING)
• Static hold of 7 – 10 seconds using 60% – 80% of maximum effort.

ISOTONICS (MUSCLE DEFINITION)
• Exercise involving eccentric and concentric contractions.

ISO-MOTION® (MOVEMENT PERFORMANCE)
• Maintain your isometric hold while moving through your body’s natural full range of motion.

ENDURANCE (MUSCLE STAMINA)
• Slow and deliberate compression and release with high repetition.

RESILIENCY (CARDIO AND MUSCLE RECOVERY)
• Rapid compression and release with high repetition.

MAINTENANCE (PRESERVE CURRENT FITNESS LEVEL)
• One set of isometric and isotonic combination for each muscle group, 1 time per week.

FOUNDATIONAL STRENGTH (1 SET)
• Target duration (15-30 minutes).

MUSCLE ENHANCEMENT (2 SETS)
• Target duration (30-45 minutes).

PEAK PERFORMANCE (3 SETS)
• Target duration (45-60 minutes).

KEY TO WEIGHT LOSS IS REDUCING DAILY CALORIE INTAKE
• Eliminate 2nd servings.
• Healthier selection.
Please review the following User Agreement carefully before using your Bullworker products.

Bullworker is not a licensed medical care provider and does not give medical advice.

You should always consult with your physician to ensure you are in good physical condition before starting any exercise program.

Use product only as shown.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Bullworker from any and all claims or causes of action, known or unknown.
Choose your exercise variation from page 7 and perform the following exercises consecutively.

1. Chest Compression  Reference page 14
2. Cable Spread  Reference page 10
3. Lower Chest Compression  Reference page 14
4. Archer (Both Sides)  Reference page 10
5. Chest Compression (Upper)  Reference page 14
6. Overhead Cable Spread  Reference page 12
7. Reverse Grip Chest Compression  Reference page 15
8. Lat Pull Down (Both Sides)  Reference page 10
9. Deadlift  Reference page 20
10. Deltoid Cable Spread (Both Sides)  Reference page 13
11. One Leg Press (Both Sides)  Reference page 20
12. Upright Row  Reference page 11
13. Seated Deadlift  Reference page 13
14. Hip Abduction  Reference page 21
15. Hip Adduction  Reference page 21
16. Calf Extension (Both Sides)  Reference page 20
17. Seated Hip Flexor Cable Spread (Both Sides)  Reference page 21
18. Triceps Extension (Both Sides)  Reference page 19
19. Biceps Curl (Both Sides)  Reference page 17
20. Resisted Crunch  Reference page 22
CABLE SPREAD
Muscles Engaged: Upper Back and Posterior Deltoids
- Ensure hand grips are placed in the middle of the cables
- Keeping your elbows parallel to the ground spread both cables evenly

ARCHER (BOTH SIDES)
Muscles Engaged: Upper Back
- Ensure hand grips are placed in the middle of the cables and elbows are parallel to the ground
- Extend one arm and spread cable using opposite arm

LAT PULL DOWN (BOTH SIDES)
Muscles Engaged: Lats and Back
- Ensure hand grip is placed securely on your upper thigh
- In a straight motion pull down

SEATED LAT PUSH DOWN
Muscles Engaged: Lats and Back
- Place Bow Classic securely on non-slip pad with arms extended
- Press down
SHOULDER COMPRESSION (BEHIND HEAD)
Muscles Engaged: Shoulders and Upper Back
• Ensure elbows are horizontal/parallel to the ground
• Compress

BEHIND BACK COMPRESSION (LOWER)
Muscles Engaged: Lats, Upper Back, and Shoulders
• Hold Bow Classic parallel to the ground and compress
*Variation: On the edge of a seat, hold Bow Classic underneath legs

UPRIGHT ROW
Muscles Engaged: Shoulders and Upper Back
• Place foot securely on bottom cable and center upper cable grips
• Pull upper cable using your back and shoulders

BENT ROW (BOTH SIDES)
Muscles Engaged: Mid Back
• Place foot securely on bottom cable and center upper cable grip
• Pull upper cable using your back
KNEELING UPRIGHT ROW
Muscles Engaged: Upper Back and Shoulders
• Place knees securely on bottom cable and center upper cable grips
• Pull upper cable using your back and shoulders

BACK ROW (LYING DOWN)
Muscles Engaged: Middle Back
Place feet securely in cables
• Keeping legs still, row cable towards chest
*Do not exceed maximum compression

REVERSE GRIP ROW
Muscles Engaged: Middle Back
• Place feet or foot securely in cable
• Keeping legs still using reverse grip, row towards chest
*Do not exceed maximum compression

CABLE SPREAD (OVER HEAD)
Muscles Engaged: Shoulders and Upper Back
• Ensure hand grips are placed in the middle of the cables
• Spread your Bow Classic over head
DELTOID CABLE SPREAD (BOTH SIDES)
Muscles Engaged: Deltoid / Shoulder
• Ensure hand grips are placed in the middle of the cables
• Spread your Bow Classic using above hand

DELTOID CABLE SPREAD (LOWER - BOTH SIDES)
Muscles Engaged: Deltoid / Shoulder
• Ensure hand grips are placed in the middle of the cables
• Spread your Bow Classic at or below waist using above hand

SEATED DEADLIFT
Muscles Engaged: Lower Back
• Place both feet securely through bottom cable, do not lock your knees, keep your back straight, and spread the cables using your back

*Do not exceed maximum compression
CHEST COMPRESSION
Muscles Engaged: Chest and Shoulders
• Ensure elbows are parallel to the ground
• Compress your Bow Classic at or below your waist

CHEST COMPRESSION (UPPER)
Muscles Engaged: Chest and Shoulders
• Compress your Bow Classic at or above shoulder height

SIDE CHEST COMPRESSION (BOTH SIDES)
Muscles Engaged: Chest, Shoulders, and Triceps
• Extend one arm fully and compress your Bow Classic with your opposite arm
REVERSE GRIP CHEST COMPRESSION
Muscles Engaged: Chest and Shoulders
• Compress your Bow Classic using an underhand grip of the tubes at chest height

INSIDE GRIP CHEST COMPRESSION
Muscles Engaged: Chest and Shoulders
• Compress your Bow Classic using an overhand grip of the tubes at chest height

REVERSE GRIP CHEST COMPRESSION (LOWER)
Muscles Engaged: Lower Chest and Shoulders
• Compress your Bow Classic using an underhand grip of the tubes at or below waist height

INSIDE GRIP CHEST COMPRESSION (LOWER)
Muscles Engaged: Lower Chest and Shoulders
• Compress your Bow Classic using an overhand grip of the tubes at or below waist height
REVERSE GRIP CHEST COMPRESSION (UPPER)

Muscles Engaged: Upper Chest and Shoulders
• Compress your Bow Classic using an underhand grip of the tubes at or above shoulder height

INSIDE GRIP CHEST COMPRESSION (UPPER)

Muscles Engaged: Upper Chest and Shoulders
• Compress your Bow Classic using an overhand grip of the tubes at or above shoulder height
HAMMER BICEPS CURL (BOTH SIDES)
Muscles Engaged: Biceps
• Grip lower tube
• Keep upper arm still and curl upwards only bending at the elbow

BICEPS CURL (BOTH SIDES)
Muscles Engaged: Biceps
• Keep upper arm still and curl upwards only bending at the elbow

CONCENTRATION BICEPS CURL (BOTH SIDES)
Muscles Engaged: Biceps
• Place foot securely in cable
• Curl bending only at the elbow

BICEPS CABLE CURL (KNEELING)
Muscles Engaged: Biceps
• Curl upwards only bending at the elbow
BICEPS CABLE CURL (BOTH SIDES)

Muscles Engaged: Biceps
- Keep bottom arm still and curl upwards only bending at the elbow
TRICEPS CABLE PUSH DOWN

**Muscles Engaged:** Triceps

- Bending only at your elbow, keep your back straight and push both cables down
- Ensure secure Bullworker placement using your non-slip pad

TRICEPS PUSH DOWN (BOTH SIDES)

**Muscles Engaged:** Triceps

- Ensure hand grips are placed in the middle of the cables
- Bending only at your elbow, push underneath cable down

TRICEPS EXTENSION (BOTH SIDES)

**Muscles Engaged:** Triceps

- Ensure hand grips are placed in the middle of the cables
- Bending only at your elbow, extend cable out
DEADLIFT
Muscles Engaged: Lower Back, Quadriceps, Glutes, & Hamstrings
• Place both feet securely on bottom cable, bend knees, keep your back straight, and spread cables in a squatting manner
*Do not exceed maximum compression

ONE LEG PRESS (BOTH SIDES)
Muscles Engaged: Quadriceps, Glutes, and Hamstrings
• Place foot securely in cable
• Keeping arms still, press with your leg
*Do not exceed maximum compression

DEADLIFT (GROUND)
Muscles Engaged: Lower Back, Quadriceps, Glutes, & Hamstrings
• Place both feet securely on bottom cable, bend knees slightly, keep your back straight, and rise using lower back
*Do not exceed maximum compression

CALF EXTENSION (BOTH SIDES)
Muscles Engaged: Calves
• Place foot securely through cable
• Point toes
*Ensure toe is always pointed to keep cable secure
**HIP ABDUCTION**
Muscles Engaged: Outside Hips and Thighs
- Place both cables securely on outside of knees
- Spread your legs

**HIP ABDUCTION (LYING DOWN)**
Muscles Engaged: Outside Hips and Thighs
- Place both cables securely on outside of knees
- Spread your legs

**SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)**
Muscles Engaged: Hip Flexor and Lower Abs
- Place both feet securely in cables
- Raise top leg

**HIP ADDUCTION**
Muscles Engaged: Inside Hips, Thighs, and Groin
- Place both forearms securely inside of knees
- Compress your legs
**PLANK CRUNCH**
Muscles Engaged: Abs and Lower Back
- Placing the Bow Classic in front of you knees perform a crunch (keeping arms straight)

**RESISTED CRUNCH**
Muscles Engaged: Abs and Lower Back
- Placing the Bow Classic on your nonslip pad in front of you knees perform a crunch (keeping arms straight)

**UPRIGHT RESISTED CRUNCH (BOTH SIDES)**
Muscles Engaged: Abs and Lower Back
- Placing the Bow Classic on you non-slip pad away from your body perform a crunch (keeping arms straight)

**SEATED LOWER AB RAISE (BOTH SIDES)**
Muscles Engaged: Lower Abs and Hip Flexor
- Place non slip pad on knee
- Holding cables securely raise your knee keeping your arms in place
BULLWORKER 90 DAY TRANSFORMATION is designed as a progressive exercise program to strengthen your muscles, improve your range of motion, and burn calories to help tone your body.

This routine uses a combination of isometric and isotonic exercises. Start with an isometric hold for 7 seconds at 60% - 80% of your maximum effort followed with 10 isotonic repetitions.

**Week 1** you will perform one set of each exercise

**Weeks 2 – 13** Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.
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WEEK 1
3 days with a rest day in between each day

1. CHEST COMPRESSION
Refer to page 14

2. CABLE SPREAD
Refer to page 10

3. DEADLIFT
Refer to page 20

4. CHEST COMPRESSION (UPPER)
Refer to page 14
7-second isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

5. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 19

6. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 18

7. RESISTED CRUNCH
Refer to page 22
WEEKS 2-4

FOUNDATIONAL STRENGTH - 1 SET
Target duration (15-30 minutes)

MUSCLE ENHANCEMENT - 2 SETS
Target duration (30-45 minutes)

PEAK PERFORMANCE - 3 SETS
Target duration (45-60 minutes)

7-second isometric hold
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.
A CHEST, TRICEPS, LEGS, ABS

1. CHEST COMPRESSION
Refer to page 14

2. CHEST COMPRESSION
(LOWER)
Refer to page 14

3. CHEST COMPRESSION
(UPPER)
Refer to page 14

4. REVERSE GRIP CHEST
COMPRESSION
Refer to page 15

WEEKS 2-4
FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)
5. CABLE SPREAD (OVER HEAD)
Refer to page 12

6. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 13

7. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 19

8. TRICEPS CABLE PUSH DOWN
Refer to page 19
WEEKS 2-4

CHEST, TRICEPS, LEGS, ABS

9. RESISTED CRUNCH
Refer to page 22

10. PLANK CRUNCH
Refer to page 22
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

1. CABLE SPREAD
   Refer to page 10

2. ARCHER (BOTH SIDES)
   Refer to page 10

3. LAT PULL DOWN (BOTH SIDES)
   Refer to page 10

4. SHOULDER COMPRESSION (BEHIND HEAD)
   Refer to page 11
WEEKS 2-4

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

B BACK, LEGS, BICEPS

5. SEATED LAT PUSH DOWN
Refer to page 10

6. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 18

7. HAMMER BICEPS CURL (BOTH SIDES)
Refer to page 17

8. SEATED DEADLIFT
Refer to page 13
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

**B BACK, LEGS, BICEPS**

9. HIP ABDUCTION
Refer to page 21

10. HIP ADDUCTION
Refer to page 21

11. CALF EXTENSION (BOTH SIDES)
Refer to page 20
WEEKS 5-7

**FOUNDATIONAL STRENGTH - 1 SET**
Target duration (15-30 minutes)

**MUSCLE ENHANCEMENT - 2 SETS**
Target duration (30-45 minutes)

**PEAK PERFORMANCE - 3 SETS**
Target duration (45-60 minutes)

7-second isometric hold
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

1. CHEST COMPRESSION
Refer to page 14

2. CHEST COMPRESSION (LOWER)
Refer to page 14

3. CHEST COMPRESSION (UPPER)
Refer to page 14

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 14
CHEST, SHOULDERS, TRICEPS, ABS

5. REVERSE GRIP CHEST COMPRESSION
Refer to page 15

6. REVERSE GRIP CHEST COMPRESSION (LOWER)
Refer to page 15

7. REVERSE GRIP CHEST COMPRESSION (UPPER)
Refer to page 16

8. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 13
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

9. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)
Refer to page 13

10. CABLE SPREAD (OVER HEAD)
Refer to page 12

11. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 19

12. TRICEPS CABLE PUSH DOWN
Refer to page 19
WEEKS 5-7

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

CHEST, SHOULDERS, TRICEPS, ABS

13. RESISTED CRUNCH
Refer to page 22

14. PLANK CRUNCH
Refer to page 22
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

1. CABLE SPREAD
   Refer to page 10

2. ARCHER (BOTH SIDES)
   Refer to page 10

3. LAT PULL DOWN (BOTH SIDES)
   Refer to page 10

4. SHOULDER COMPRESSION (BEHIND HEAD)
   Refer to page 11
WEEKS 5-7

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

5. SEATED LAT PUSH DOWN
Refer to page 10

6. DEADLIFT
Refer to page 20

7. HAMMER BICEPS CURL (BOTH SIDES)
Refer to page 17

8. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 18
9. BENT ROW (BOTH SIDES)
Refer to page 11

10. HIP ABDUCTION
Refer to page 21

11. HIP ADDUCTION
Refer to page 21

12. CALF EXTENSION (BOTH SIDES)
Refer to page 20
WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET
Target duration (15-30 minutes)

MUSCLE ENHANCEMENT - 2 SETS
Target duration (30-45 minutes)

PEAK PERFORMANCE - 3 SETS
Target duration (45-60 minutes)

7-second isometric hold
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

1. CHEST COMPRESSION
Refer to page 14

2. CHEST COMPRESSION (LOWER)
Refer to page 14

3. CHEST COMPRESSION (UPPER)
Refer to page 14

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 14
5. REVERSE GRIP CHEST COMPRESSION
Refer to page 15

6. INSIDE GRIP CHEST COMPRESSION
Refer to page 15

7. REVERSE GRIP CHEST COMPRESSION (LOWER)
Refer to page 15

8. INSIDE GRIP CHEST COMPRESSION (LOWER)
Refer to page 15
9. REVERSE GRIP CHEST COMPRESSION (UPPER)
Refer to page 16

10. INSIDE GRIP CHEST COMPRESSION (UPPER)
Refer to page 16

11. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 13

12. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)
Refer to page 13

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
WEEKS 8–10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

A CHEST, SHOULDERS, TRICEPS, ABS

13. CABLE SPREAD (OVER HEAD)
Refer to page 12

14. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 19

15. TRICEPS CABLE PUSH DOWN
Refer to page 19

16. SEATED LOWER AB RAISE (BOTH SIDES)
Refer to page 22
17. RESISTED CRUNCH
Refer to page 22

18. PLANK CRUNCH
Refer to page 22
WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

B BACK, LEGS, BICEPS

1. CABLE SPREAD
   Refer to page 10

2. ARCHER (BOTH SIDES)
   Refer to page 10

3. LAT PULL DOWN
   (BOTH SIDES)
   Refer to page 10

4. SHOULDER COMPRESSION
   (BEHIND HEAD)
   Refer to page 11
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

**5. SEATED LAT PUSH DOWN**
Refer to page 10

**6. DEADLIFT**
Refer to page 20

**7. UPRIGHT ROW**
Refer to page 11

**8. BICEPS CABLE CURL (BOTH SIDES)**
Refer to page 18
WEIGHTS 8-10

B BACK, LEGS, BICEPS

9. HAMMER BICEPS CURL (BOTH SIDES)
Refer to page 17

10. BICEPS CURL (BOTH SIDES)
Refer to page 17

11. BENT ROW (BOTH SIDES)
Refer to page 11

12. HIP ABDUCTION
Refer to page 21
13. HIP ADDUCTION
Refer to page 21

14. CALF EXTENSION (BOTH SIDES)
Refer to page 20

15. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Refer to page 21
WEEKS 11-13

**FOUNDATIONAL STRENGTH - 1 SET**
Target duration (15-30 minutes)

**MUSCLE ENHANCEMENT - 2 SETS**
Target duration (30-45 minutes)

**PEAK PERFORMANCE - 3 SETS**
Target duration (45-60 minutes)

- 7-second isometric hold
  (60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

1. CHEST COMPRESSION
Refer to page 14

2. CHEST COMPRESSION (LOWER)
Refer to page 14

3. CHEST COMPRESSION (UPPER)
Refer to page 14

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 14
WEEKS 11-13
CHEST, SHOULDERS, TRICEPS, ABS

5. REVERSE GRIP CHEST COMPRESSION
Refer to page 15

6. INSIDE GRIP CHEST COMPRESSION
Refer to page 15

7. REVERSE GRIP CHEST COMPRESSION (LOWER)
Refer to page 15

8. INSIDE GRIP CHEST COMPRESSION (LOWER)
Refer to page 15

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

9. REVERSE GRIP CHEST COMPRESSION (UPPER)
Refer to page 16

10. INSIDE GRIP CHEST COMPRESSION (UPPER)
Refer to page 16

11. CABLE SPREAD (OVER HEAD)
Refer to page 12

12. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 13
A CHEST, SHOULDERS, TRICEPS, ABS

13. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)
Refer to page 13

14. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 19

15. TRICEPS CABLE PUSH DOWN
Refer to page 19

16. SEATED LOWER AB RAISE (BOTH SIDES)
Refer to page 22

WEEKS 11-13
FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)
Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

17. RESISTED CRUNCH
Refer to page 22

18. PLANK CRUNCH
Refer to page 22
WEEKS 11-13

B BACK, LEGS, BICEPS

1. CABLE SPREAD
Refer to page 10

2. ARCHER (BOTH SIDES)
Refer to page 10

3. LAT PULL DOWN (BOTH SIDES)
Refer to page 10

4. SHOULDER COMPRESSION (BEHIND HEAD)
Refer to page 11

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)
5. SEATED LAT PUSH DOWN
Refer to page 10

6. DEADLIFT
Refer to page 20

7. UPRIGHT ROW
Refer to page 11

8. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 18

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

B BACK, LEGS, BICEPS

9. HAMMER BICEPS CURL (BOTH SIDES)
Refer to page 17

10. BICEPS CURL (BOTH SIDES)
Refer to page 17

11. BENT ROW (BOTH SIDES)
Refer to page 11

12. SEATED DEADLIFT
Refer to page 13
13. HIP ABDUCTION
Refer to page 21

14. HIP ADDUCTION
Refer to page 21

15. CALF EXTENSION (BOTH SIDES)
Refer to page 20

16. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Refer to page 21

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)
MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)
PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

B BACK, LEGS, BICEPS

17. CONCENTRATION BICEPS CURL (BOTH SIDES)
Refer to page 17

18. ONE LEG PRESS (BOTH SIDES)
Refer to page 20

19. BACK ROW (LYING DOWN)
Refer to page 12

20. REVERSE GRIP ROW
Refer to page 12
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