# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONGRATULATIONS</td>
<td>4</td>
</tr>
<tr>
<td>THE SCIENCE BEHIND BULLWORKER</td>
<td>5</td>
</tr>
<tr>
<td>PROPER USE</td>
<td>6</td>
</tr>
<tr>
<td>ROUTINE VARIATIONS</td>
<td>7</td>
</tr>
<tr>
<td>LIABILITY WAIVER / DISCLAIMER</td>
<td>8</td>
</tr>
<tr>
<td>STEEL BOW POWER ROUTINE</td>
<td>9</td>
</tr>
<tr>
<td>BACK &amp; SHOULDERS</td>
<td>10</td>
</tr>
<tr>
<td>CHEST</td>
<td>13</td>
</tr>
<tr>
<td>BICEPS</td>
<td>15</td>
</tr>
<tr>
<td>TRICEPS</td>
<td>16</td>
</tr>
<tr>
<td>LEGS</td>
<td>17</td>
</tr>
<tr>
<td>CORE</td>
<td>19</td>
</tr>
<tr>
<td>MALE FIGURE</td>
<td>20</td>
</tr>
<tr>
<td>90 DAY TRANSFORMATION</td>
<td>21</td>
</tr>
<tr>
<td>MEASUREMENTS</td>
<td>22</td>
</tr>
<tr>
<td>WEEK 1</td>
<td>24</td>
</tr>
<tr>
<td>WEEKS 2-4</td>
<td>30</td>
</tr>
<tr>
<td>WEEKS 5-7</td>
<td>37</td>
</tr>
<tr>
<td>WEEKS 8-10</td>
<td>45</td>
</tr>
<tr>
<td>FEMALE FIGURE</td>
<td>54</td>
</tr>
<tr>
<td>90 DAY TRANSFORMATION</td>
<td>55</td>
</tr>
<tr>
<td>MEASUREMENTS</td>
<td>56</td>
</tr>
<tr>
<td>WEEK 1</td>
<td>58</td>
</tr>
<tr>
<td>WEEKS 2-4</td>
<td>64</td>
</tr>
<tr>
<td>WEEKS 5-7</td>
<td>71</td>
</tr>
<tr>
<td>WEEKS 8-10</td>
<td>78</td>
</tr>
<tr>
<td>WEEKS 11-13</td>
<td>85</td>
</tr>
<tr>
<td>YOU MAY ALSO LIKE</td>
<td></td>
</tr>
</tbody>
</table>
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.
PROPER USE

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.

9. Spring Change – Grip thin steel tube and release tension of your Steel Bow. Twist handle off, release slowly, and change spring. Repeat in reverse order. *Ensure your Steel Bow is secure and pointed away from harm. [www.bullworker.com/spring-change/](http://www.bullworker.com/spring-change/)

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 13
2. Cable Spread  Reference page 10
3. Lower Chest Compression  Reference page 13
4. Archer (Both Sides)  Reference page 10
5. Chest Compression (Upper)  Reference page 13
6. Overhead Cable Spread  Reference page 11
7. Reverse Grip Chest Compression  Reference page 14
8. Lat Pull Down (Both Sides)  Reference page 10
9. Deadlift  Reference page 17
10. Deltoid Cable Spread (Both Sides)  Reference page 12
11. Upright Row  Reference page 11
12. Hip Abduction  Reference page 17
13. Hip Adduction  Reference page 17
14. Calf Extension (Both Sides)  Reference page 17
15. Seated Hip Flexor Cable Spread (Both Sides)  Reference page 18
16. Triceps Extension (Both Sides)  Reference page 16
17. Biceps Curl (Both Sides)  Reference page 15
18. Resisted Crunch  Reference page 19
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

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

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

SHOULDER COMPRESSION (BEHIND HEAD)

Muscles Engaged: Shoulders and Upper Back
- Compress your Steel Bow behind your head
**BEHIND BACK COMPRESSION (LOWER)**

**Muscles Engaged:** Lats, Upper Back, and Shoulders

- Ensure Steel Bow is parallel to the ground
- Compress

*Do not exceed maximum compression*

**UPRIGHT ROW**

**Muscles Engaged:** Shoulders and Upper Back

- Place foot securely through bottom cable, keep your back straight, and spread the cables using your upper back and shoulders

**SHOULDER COMPRESSION (OVER HEAD)**

**Muscles Engaged:** Chest and Shoulders

- Place arms directly over head
- Compress

**CABLE SPREAD (OVER HEAD)**

**Muscles Engaged:** Shoulders and Upper Back

- Ensure hand grips are placed in the middle of the cables
- Spread your Steel Bow over head
DELTOID CABLE SPREAD (BOTH SIDES)

Muscles Engaged: Deltoid / Shoulder

- Ensure hand grips are placed in the middle of the cables
- Spread your Steel Bow 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 Steel Bow at or below waist using above hand
CHEST

CHEST COMPRESSION
Muscles Engaged: Chest and Shoulders
- Ensure elbows are parallel to the ground in front of your chest
- Compress

CHEST COMPRESSION (LOWER)
Muscles Engaged: Chest and Shoulders
- Compress your Steel Bow at or below your waist

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

SIDE CHEST COMPRESSION (BOTH SIDES)
Muscles Engaged: Chest, Shoulders, and Triceps
- Extend one arm fully and compress your Steel Bow with your opposite arm
REVERSE GRIP CHEST COMPRESSION

Muscles Engaged: Chest and Shoulders

• Compress your Steel Bow using an underhand grip of the tubes at chest height
**HAMMER BICEPS CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps
- Grip lower tube
- 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 cable bending only at the elbow

**BICEPS CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps
- Keep upper arm still and curl upwards only bending at the elbow

**BICEPS CABLE CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps
- Keep bottom arm still and curl cable upwards only bending at the elbow
TRICEPS CABLE PUSH DOWN
Muscles Engaged: Triceps
• Bending only at your elbow, keep your back straight push both cables down
• Ensure secure Bullworker placement using your non-slip pad

TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Muscles Engaged: Triceps
• Ensure hand grips are placed in the middle of the cables
• Bending only at your elbow, extend cable up

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
**LEGS**

**DEADLIFT**  
**Muscles Engaged:** Lower Back, Quadriceps, Glutes, & Hamstrings  
- Place foot securely through bottom cable, bend your knees, keep your back straight, and spread cables in a squatting manner  
*Do not exceed maximum compression*

**HIP ADDUCTION**  
**Muscles Engaged:** Inside Hips, Thighs, and Groin  
- Place both hands securely inside of knees  
- Compress your legs

**CALF EXTENSION (BOTH SIDES)**  
**Muscles Engaged:** Calves  
- Place foot securely through cable  
- Point toes and release  
*Ensure toe is always pointed to keep cable secure*

**HIP ABDUCTION**  
**Muscles Engaged:** Outside Hips and Thighs  
- Holding grips centered, place both cables securely on outside of knees  
- Spread your legs
LEGS

SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

Muscles Engaged:
Hip Flexor and Lower Abs

- Place one foot securely on bottom cable and one foot securely under top cable
- Raise top leg
RESISTED CRUNCH

Muscles Engaged: Abs and Lower Back
• Placing the Steel Bow on your non-slip pad in front of your knees perform a crunch (keeping arms still)
• Perform on each side

SEATED LOWER AB RAISE (BOTH SIDES)

Muscles Engaged: Lower Abs and Hip Flexor
• Place non slip pad on knee
• Holding Steel Bow 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.
# MEASUREMENTS

**BEFORE**

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**AFTER WEEK 1**

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**AFTER WEEK 4**

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**AFTER WEEK 7**

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**AFTER WEEK 10**

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**FINAL RESULTS**

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<th>Chest</th>
<th>Weight</th>
</tr>
</thead>
</table>
WEEK 1
3 days with a rest day in between each day

1. CHEST COMPRESSION
Refer to page 13

2. CABLE SPREAD
Refer to page 10

3. DEADLIFT
Refer to page 17

4. SHOULDER COMPRESSION (OVER HEAD)
Refer to page 11
5. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 16

6. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

7. RESISTED CRUNCH
Refer to page 19

7-second isometric hold (60%-80% of max effort) followed by 10 reps.
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.
1. CHEST COMPRESSION
Refer to page 13

2. CHEST COMPRESSION (LOWER)
Refer to page 13

3. CHEST COMPRESSION (UPPER)
Refer to page 13

4. REVERSE GRIP CHEST COMPRESSION
Refer to page 14

7-second isometric hold (60%-80% of max effort) followed by 10 reps.
WEEKS 2-4

CHEST, TRICEPS, LEGS, ABS

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

6. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

7. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 16

8. RESISTED CRUNCH (ALL SIDES)
Refer to page 19
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

**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 10
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. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

6. HAMMER BICEPS CURL (BOTH SIDES)
Refer to page 15

7. DEADLIFT
Refer to page 17

8. HIP ABDUCTION
Refer to page 17
9. HIP ADDUCTION
Refer to page 17

10. CALF EXTENSION (BOTH SIDES)
Refer to page 17

7-second isometric hold (60%-80% of max effort) followed by 10 reps.
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 13

2. CHEST COMPRESSION (LOWER)
Refer to page 13

3. CHEST COMPRESSION (UPPER)
Refer to page 13

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 13
A  CHEST, SHOULDERS, TRICEPS, ABS

WEEKS 5-7

FINDATIONAL 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. REVERSE GRIP CHEST COMPRESSION
Refer to page 14

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

7. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

8. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)
Refer to page 12
CHEST, SHOULDERS, TRICEPS, ABS

9. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 16

10. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Refer to page 16

11. RESISTED CRUNCH
Refer to page 19

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

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 10
5. HAMMER BICEPS CURL (BOTH SIDES)
Refer to page 15

6. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

7. DEADLIFT
Refer to page 17

8. HIP ABDUCTION
Refer to page 17

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
9. HIP ADDUCTION
Refer to page 17

10. CALF EXTENSION (BOTH SIDES)
Refer to page 17
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.
1. CHEST COMPRESSION
Refer to page 13

3. CHEST COMPRESSION (UPPER)
Refer to page 13

2. CHEST COMPRESSION (LOWER)
Refer to page 13

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 13

WEEKS 8-10

A CHEST, SHOULDERS, TRICEPS, ABS

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.

5. REVERSE GRIP CHEST COMPRESSION
Refer to page 14

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

7. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

8. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)
Refer to page 12
WEEKS 8-10

CHEST, SHOULDERS, TRICEPS, ABS

9. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 16

10. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Refer to page 16

11. TRICEPS CABLE PUSH DOWN
Refer to page 16

12. SEATED LOWER AB RAISE (BOTH SIDES)
Refer to page 19

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 19

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

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 10
5. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

6. HAMMER BICEPS CURL (BOTH SIDES)
Refer to page 15

7. BICEPS CURL (BOTH SIDES)
Refer to page 15

8. DEADLIFT
Refer to page 17

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
B \ BACK, LEGS, BICEPS

9. CALF EXTENSION (BOTH SIDES)
Refer to page 17

10. HIP ABDUCTION
Refer to page 17

11. HIP ADDUCTION
Refer to page 17

12. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Refer to page 18

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)
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.
WEEKS 11-13

CHEST, SHOULDERS, TRICEPS, ABS

1. CHEST COMPRESSION
Refer to page 13

2. CHEST COMPRESSION (LOWER)
Refer to page 13

3. CHEST COMPRESSION (UPPER)
Refer to page 13

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

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

7. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

8. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)
Refer to page 12
WEEKS 11-13

CHEST, SHOULDERS, TRICEPS, ABS

9. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Refer to page 16

10. TRICEPS PUSH DOWN (BOTH SIDES)
Refer to page 16

11. TRICEPS CABLE PUSH DOWN
Refer to page 16

12. SEATED LOWER AB RAISE (BOTH SIDES)
Refer to page 19

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.

13. RESISTED CRUNCH
Refer to page 19
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 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)
5. **DEADLIFT**
Refer to page 17

6. **BICEPS CABLE CURL (BOTH SIDES)**
Refer to page 15

7. **HAMMER BICEPS CURL (BOTH SIDES)**
Refer to page 15

8. **BICEPS CURL (BOTH SIDES)**
Refer to page 15

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
9. UPRIGHT ROW
Refer to page 11

10. CALF EXTENSION (BOTH SIDES)
Refer to page 17

11. HIP ABDUCTION
Refer to page 17

12. HIP ADDUCTION
Refer to page 17

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)
13. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

Refer to page 18

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
**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.
# MEASUREMENTS

## BEFORE

<table>
<thead>
<tr>
<th>Waist</th>
<th>Biceps</th>
<th>Triceps</th>
<th>Chest</th>
<th>Weight</th>
</tr>
</thead>
</table>

## AFTER WEEK 1

<table>
<thead>
<tr>
<th>Waist</th>
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<th>Chest</th>
<th>Weight</th>
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</thead>
</table>

## AFTER WEEK 4

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</table>

## AFTER WEEK 7

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<th>Chest</th>
<th>Weight</th>
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</thead>
</table>

## AFTER WEEK 10

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<th>Chest</th>
<th>Weight</th>
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</thead>
</table>

## FINAL RESULTS

<table>
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<tr>
<th>Waist</th>
<th>Biceps</th>
<th>Triceps</th>
<th>Chest</th>
<th>Weight</th>
</tr>
</thead>
</table>
WEEK 1
3 days with a rest day in between each day

1. CHEST COMPRESSION
Refer to page 13

2. CABLE SPREAD
Refer to page 10

3. DEADLIFT
Refer to page 17

4. SHOULDER COMPRESSION (OVER HEAD)
Refer to page 11
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

5. TRICEPS CABLE PUSH DOWN
Refer to page 16

6. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

7. RESISTED CRUNCH
Refer to page 19
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.
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

1. CHEST COMPRESSION
Refer to page 13

3. CHEST COMPRESSION (UPPER)
Refer to page 13

2. CHEST COMPRESSION (LOWER)
Refer to page 13

4. CABLE SPREAD (OVER HEAD)
Refer to page 11
5. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

6. LEG PRESS
*Do not exceed maximum compression

7. TRICEPS CABLE PUSH DOWN
Refer to page 16

8. RESISTED CRUNCH (ALL SIDES)
Refer to page 19
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 (OVER HEAD)
Refer to page 11

7-second isometric hold (60%-80% of max effort) followed by 10 reps.
5. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

6. DEADLIFT
Refer to page 17

7. HIP ABDUCTION
Refer to page 17

8. HIP ADDUCTION
Refer to page 17
7-second isometric hold (60%-80% of max effort) followed by 10 reps.

9. CALF EXTENSION (BOTH SIDES)
Refer to page 17
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 13

2. CHEST COMPRESSION (LOWER)
Refer to page 13

3. CHEST COMPRESSION (UPPER)
Refer to page 13

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 13
WEEKS 5–7

CHEST, SHOULDERS, TRICEPS, ABS

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

6. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

7. CABLE SPREAD (LOWER)
at or below waist

8. TRICEPS CABLE PUSH DOWN
Refer to page 16

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)
9. RESISTED CRUNCH

Refer to page 19

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
WEEKS 5-7

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

5. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

6. DEADLIFT
Refer to page 17

7. HIP ABDUCTION
Refer to page 17

8. HIP ADDUCTION
Refer to page 17
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)

9. CALF EXTENSION (BOTH SIDES)
Refer to page 17
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.
A CHEST, SHOULDERS, TRICEPS, ABS

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)

1. CHEST COMPRESSION
Refer to page 13

2. CHEST COMPRESSION (UPPER)
Refer to page 13

3. CHEST COMPRESSION (LOWER)
Refer to page 13

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 13
A CHEST, SHOULDERS, TRICEPS, ABS

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

6. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

7. CABLE SPREAD (LOWER)
at or below waist

8. TRICEPS CABLE PUSH DOWN
Refer to page 16

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
9. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Refer to page 16

10. LEG PRESS
*Do not exceed maximum compression

11. RESISTED CRUNCH (ALL SIDES)
Refer to page 19

12. SEATED LOWER AB RAISE (BOTH SIDES)
Refer to page 19
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. BACK COMPRESSION (OVER HEAD)
Refer to page 11
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)

5. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

6. BICEPS CURL (BOTH SIDES)
Refer to page 15

7. DEADLIFT
Refer to page 17

8. CALF EXTENSION (BOTH SIDES)
Refer to page 17
9. HIP ABDUCTION
Refer to page 17

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

10. HIP ADDUCTION
Refer to page 17

11. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Refer to page 18
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.
CHEST, SHOULDERS, TRICEPS, ABS

1. CHEST COMPRESSION
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2. CHEST COMPRESSION (LOWER)
Refer to page 13

3. CHEST COMPRESSION (UPPER)
Refer to page 13

4. SIDE CHEST COMPRESSION (BOTH SIDES)
Refer to page 13

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.
5. CABLE SPREAD (OVER HEAD)
Refer to page 11

6. DELTOID CABLE SPREAD (BOTH SIDES)
Refer to page 12

7. CABLE SPREAD (LOWER) at or below waist

8. TRICEPS OVER HEAD EXTENSION (BOTH SIDES)
Refer to page 16
9. TRICEPS CABLE PUSH DOWN
Refer to page 16

10. LEG PRESS
*Do not exceed maximum compression

11. RESISTED CRUNCH (ALL SIDES)
Refer to page 19

12. SEATED LOWER AB RAISE (BOTH SIDES)
Refer to page 19

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

1. CABLE SPREAD
Refer to page 10

3. LAT PUSH DOWN
keep arms straight

2. ARCHER (BOTH SIDES)
Refer to page 10

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

5. BICEPS CABLE CURL (BOTH SIDES)
Refer to page 15

6. BICEPS CURL (BOTH SIDES)
Refer to page 15

7. DEADLIFT
Refer to page 17

8. CALF EXTENSION (BOTH SIDES)
Refer to page 17
9. HIP ABDUCTION
Refer to page 17

10. HIP ADDUCTION
Refer to page 17

11. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)
Refer to page 18
You May Also Like

**Bow Classic:** The barbell of Bullworker, specializes in muscle power development and greater opportunity for legs.

**Iso-Bow:** A pocket sized fitness device designed for enhancing stretches to increase your flexibility, relieve pain and improve recovery time with the option for resistance training to strengthen your muscles and fat burning to tone your body.

**Iso-Core:** Enhance your Bullworker and fitness experience with three Iso-Core straps for strengthening your core and improve your range of motion. Integrates with your Bow Classic and Steel Bow for added range of motion for your deadlifts, leg presses, curls, and other exercises.

**Iso-Gym:** Tone your body, strengthen your muscles, and improve your flexibility. The Iso-Gym uses Bodyweight Suspension Fitness™ techniques with natural body movements for stronger daily movements. Use controlled resistance and target the muscles you desire while engaging your entire body at home or on the go.

Order on bullworker.com or Amazon