

Iso-Bow

Stretch Yourself Further



Enhance Your Flexibility

Increase Your Strength

Relieve Your Tension

Improve Your Productivity

0-800 lbs of resistance



FREE Videos
www.IsoBow.com/videos

BULLWORKER
Redefining Fitness®
SINCE 1982



*Designed as a static fitness device giving you complete control and durability – does not stretch

Congratulations on Choosing Bullworker

Bullworker Mission: Improve quality of life with simple fitness.

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.

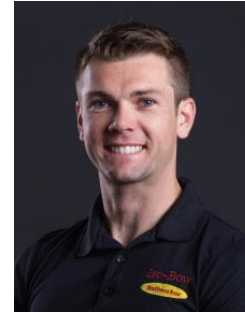
We believe you need flexibility, strength, and cardio exercises to be healthy and physically fit.

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



Liability Waiver Disclaimer

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.

Proper Use

Always start routines slow, easing into the amount of effort put forth.

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

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

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

Always maintain steady breathing, never hold your breath.

Always keep your core tight.

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

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

Stretching before and after help recovery and enhance your range of motion.

Keep joints in natural position during exercise. If pain develops, stop, proper exercise is not painful.

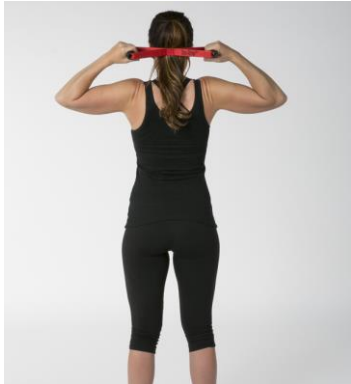
Stretching and Flexibility Training

Experience deeper more effective stretches with added length to make difficult stretches easier.
Hold each stretch for 10 - 30 seconds.

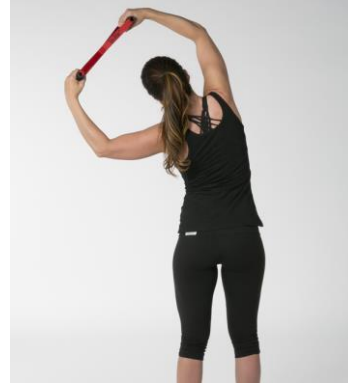
Back & Shoulders



Overhead Reach (Shoulders, Lats)
Hold your Iso-Bow parallel to the ground and stretch your arms to the sky (extend fully)



Behind Head (Shoulders, Traps)
Hold your Iso-Bow parallel to the ground and lower your arms/hands behind your head as far as you can go

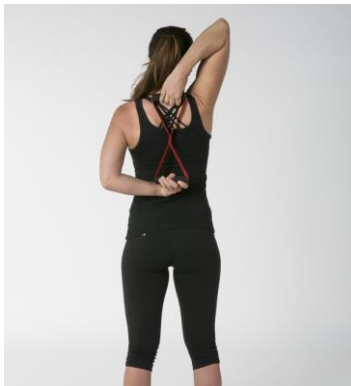


Overhead Left Side Reach (Lats, Shoulders, Obliques)
Keep your hands above your head, lean and reach to your left. Pull with your left hand lengthening your right side



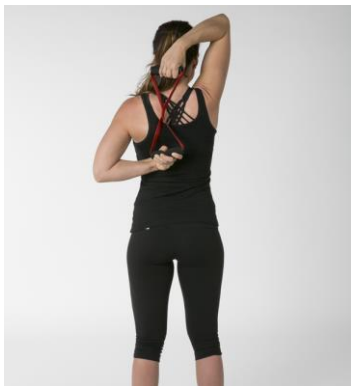
Overhead Right Side Reach (Lats, Shoulders, Obliques)
Keep your hands above your head, lean and reach to your right. Pull with your right hand lengthening your left side

Back & Shoulders



Over/Under Behind Back Pull Down (Shoulders, Triceps)

Hold your Iso-Bow behind your head (palm down) reach under arm behind back (palm up). Pull down and point your elbow to the sky. Alternate sides.



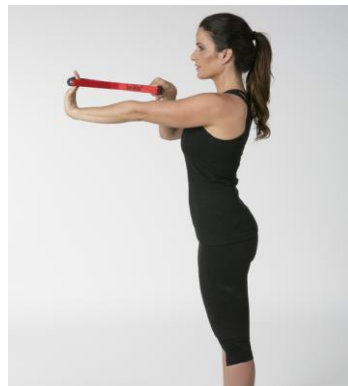
Over/Under Behind Back Pull Up (Shoulders, Biceps Tendon)

Hold your Iso-Bow behind your head (palm down) reach under arm behind back (palm up). Pull up and point your elbow to the sky. Alternate sides.



Underhand Forearm (Wrist, Forearm, Fingers)

Place Iso-Bow towards the top of your fingers and pull back (fingers pointing down). Alternate sides.



Overhand Forearm (Wrist, Forearm, Fingers)

Place Iso-Bow towards the top of fingers and pull back (fingers pointing up). Alternate sides.

Lower Body



Seated Hamstring (Hamstring, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Keep your back as straight as you can and pull/lean towards your foot. Alternate sides.



Lying Hamstring (Hamstring, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Lie back as straight as you can and pull your foot towards your head (slight bend in knee). Alternate sides.



Lying Single Leg Split (Hamstring, Groin, Hips, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Keep back and shoulders flat on the ground, pull foot to the side. Try to touch ground then pull foot towards your head (slight bend in knee). Alternate sides.



Lying Cross Body Leg Split (Hamstring, IT Band, Hips, Calf, Lower Back)

Place Iso-Bow on ball of your foot. Keep back and shoulders flat on the ground and pull foot across body. Try to touch ground then pull your foot towards head (slight bend in knee). Alternate sides.

Lower Body



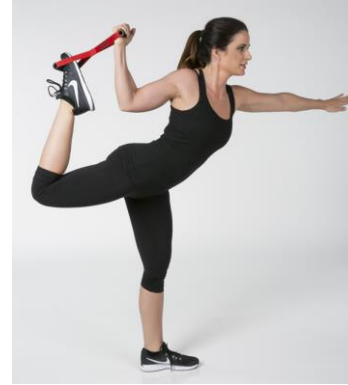
Lunging Quadriceps (Quadriceps, Hip Flexor)

Kneel, ensure your knee does not go past your toes. Place Iso-Bow securely over foot and pull towards your butt, press hips forward. Alternate sides.



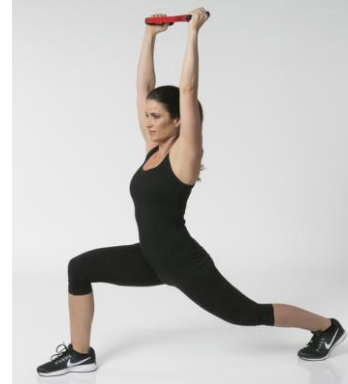
Standing Quadriceps (Quadriceps, Hip Flexor)

Balancing on one leg, place Iso-Bow securely over opposite foot and pull towards your butt. Alternate sides.



Standing Quadriceps Lean (Quadriceps, Hip Flexor, Shoulder)

Balancing on one leg, place Iso-Bow securely over opposite foot and pull towards your butt. Lean forward as far as you can keeping your back straight. Alternate sides.



Crescent Moon (Shoulders, Quadriceps, Hip Flexor, Hamstring)

Lunge (ensure knee does not go past toes) raise your arms over head extending for the sky. Keep back straight as possible (minimal curve). Alternate legs.

Lower Body



Standing Single Leg Split (Hamstring, Groin, Hips, Calf, Lower Back)

Balancing on one leg, place Iso-Bow securely on ball of opposite foot. Raise your leg up (knee slightly bent). Alternate sides.



Side Plank Single Leg Split (Hamstring, Groin, Hips, Calf, Lower Back, Core)

Balancing on one leg and arm keep your hips up engaging your core. Place Iso-Bow on your ball of your foot and pull leg towards your head (knee slightly bent). Alternate sides.

Strength Training

Create your desired tension by pulling the Iso-Bow apart. Use light tension to focus on improving your body's natural range of motion or maximum tension to strengthen your muscles.

Maintain your desired tension for an isometric hold or as you move through your range of motion or exercise. There should not be any slack during movement or isometric holds, always maintain desired tension.

You control the resistance, you control the results. The harder you pull the more tension you create.

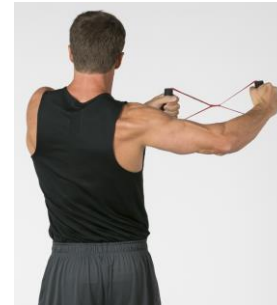
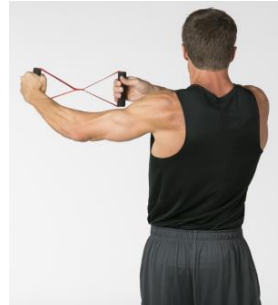
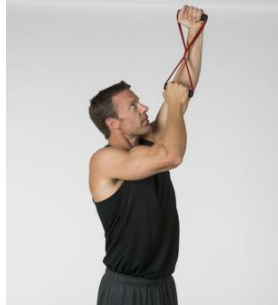
ISOMETRICS (STRENGTH BUILDING)

Static hold of 7 – 10 seconds using 60% – 80% of maximum effort.

ISO-MOTION® (MOVEMENT PERFORMANCE)

Maintain Isometric hold while moving through your body's natural full range of motion.

Back & Shoulders



Shoulder Press (Shoulders, Forearms, Triceps)

Starting at shoulder height, reach your arm to the sky and back down (extend fully).

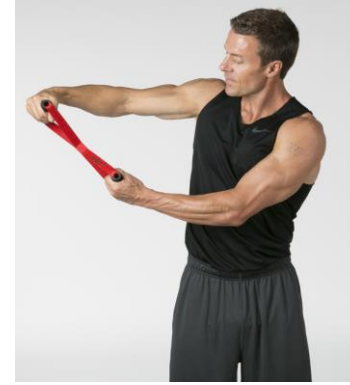
Alternate sides.

Lateral Posterior Deltoid (Shoulders, Forearms, Scapula)

Hold your Iso-Bow at chest height, keep your elbows slightly bent, and move side to side (keep shoulders and hips facing forward).

Alternate sides.

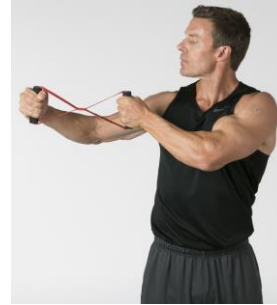
Back & Shoulders



Lateral Deltoid Raise (Shoulders, Forearms, Triceps)

Hold your Iso-Bow at waist, keep your elbows slightly bent, and raise your arms parallel to the ground from side to side.

Back & Shoulders



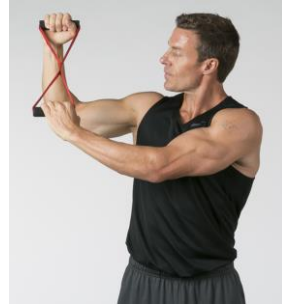
Vertical Deltoid Raise (Shoulders, Forearms, Triceps)

Vertical hand grips start at waist height, keep your elbows slightly bent, and raise your arm to shoulder height. Alternate sides.

Back Row (Rhomboids, Shoulders, Forearms, Triceps)

Hold your Iso-Bow at chest height, extend and bend elbows in a row fashion. Alternate sides.

Back & Shoulders



Lateral Rotator Cuffs (Shoulders, Forearms, Triceps)

Hold your Iso-Bow at waist height elbows bent to 90 degrees, laterally pivot at elbow from left to right.

Vertical Rotator Cuffs (Shoulders, Forearms, Triceps)

Hold your Iso-Bow at shoulder height elbows bent to 90 degrees vertically pivot at elbow (parallel to ground to vertical forearm). Alternate sides.

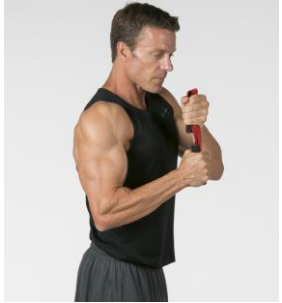
Biceps



Biceps Curl (Biceps, Forearms, Triceps)
Roll one handle up (vertical position) and grab handle and strap, bend at your elbow only, curl. Alternate sides.

Concentration Biceps Curl (Biceps, Forearms, Triceps)
Roll one handle up (vertical position). Place elbow against knee and bend at your elbow only, curl. Alternate sides.

Triceps



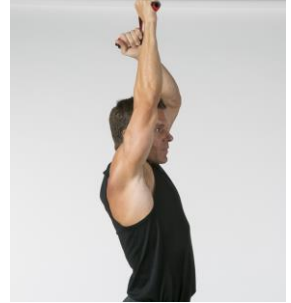
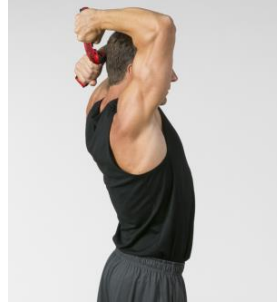
Triceps Pushdown (Triceps, Forearms, Biceps)

Roll one handle up (vertical position) bending at your elbow only, extend arm. Alternate sides.

Triceps Extension (Triceps, Forearms, Biceps)

Vertical handle position bending at your elbow only, extend arm behind. Alternate sides.

Triceps



Triceps Push (Triceps, Forearms, Biceps)

Shoulder to elbow parallel to ground bend at your elbow only, extend arm. Alternate sides.

Triceps Press (Triceps, Forearms, Biceps)

Hands behind head bend at your elbow only, extend arm. Alternate sides

Chest



Chest Fly (Chest)

Cross arms and contract/squeeze Iso-Bow. Maintain tension as you move up to forehead and down to waist.

Legs & Core



Leg Extension/Hamstring Curl (Quadriceps, Hamstrings)

Place Iso-Bow over foot and on the ball of opposite foot. Bending only at your knees, extend and contract legs. Alternate sides.

Knee Ups (Hip Flexor, Psoas, Core)

Place Iso-Bow over foot and on the ball of opposite foot. Keeping top foot bent at the knee bring your thigh to your chest and back down. Alternate Sides.

*Variation: place Iso-Bow over top of thigh

Legs & Core



Core Circles (Core, Hips)

Place Iso-Bow over feet. Spread Iso-Bow, keep tension and circle your legs. Perform in each direction (clockwise and counter-clockwise)

*Variation: Large, Medium, and Small Circles.

Legs & Core



Lateral Core (Core, Hips)

Place Iso-Bow over feet. Spread Iso-Bow, maintain tension, and move legs side to side (legs 1-2 feet off ground).

Core Wipers (Core, Hips)

Place Iso-Bow over feet. Spread Iso-Bow, maintain tension, and move legs side to side (legs pointing vertically).

Iso-Bow 70 Day Fitness Challenge

Foundational Strength – 1 Set
Muscle Enhancement – 2 Sets
Peak Performance – 3 Sets

Hold stretches for a minimum of 10 seconds, the longer the better.

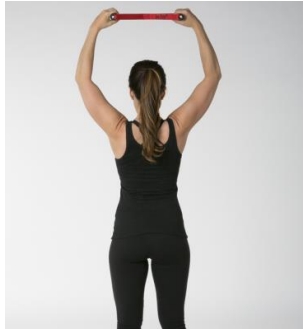
Break exercise angles into thirds and perform an Isometric hold for 7-10 seconds.

I.E.

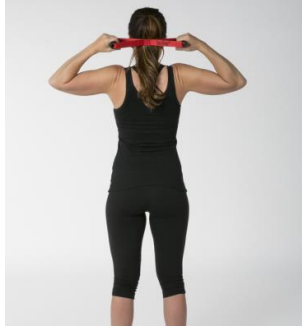
first third arm fully extended, second third half way extended, and third third fully contracted. This will ensure complete muscle training.

Week 1: Stretching & Flexibility Training

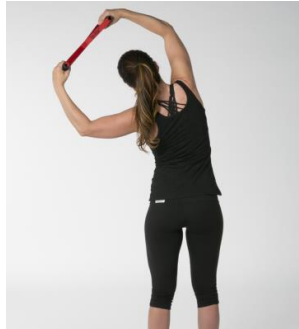
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



1. Overhead Reach



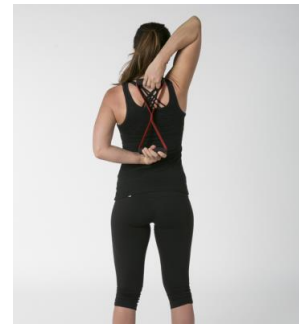
2. Behind Head



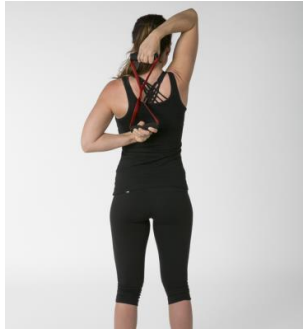
3. Overhead Left Side Reach



4. Overhead Right Side Reach



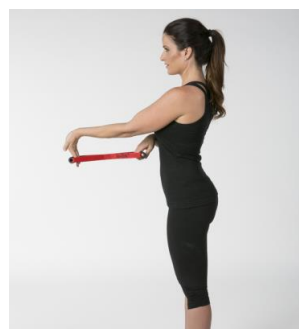
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



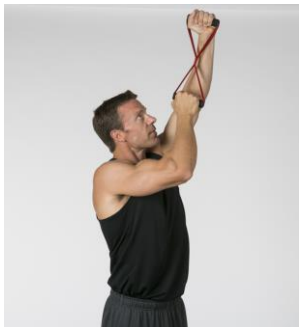
9. Seated Hamstring



10. Lunging Quadriceps

Week 1: Strength Training

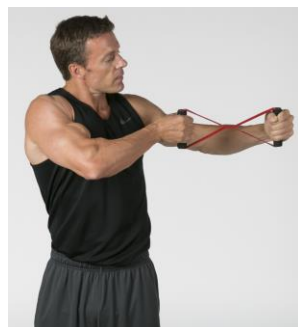
Isometric hold: Perform exercises at 60%-80% of your maximum effort.



1. Shoulder Press



2. Chest Fly



3. Back Row



4. Lateral Deltoid Raise



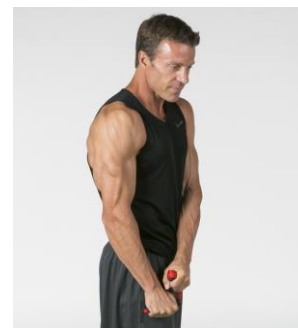
5. Vertical Deltoid



6. Leg Extension/Hamstring Curl



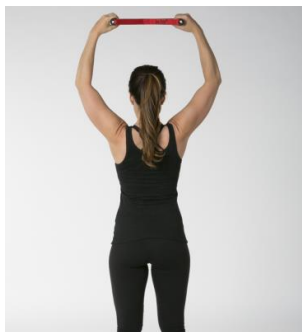
7. Biceps Curl



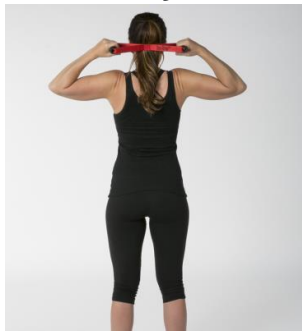
8. Triceps Pushdown

Weeks 2-4: Stretching & Flexibility Training

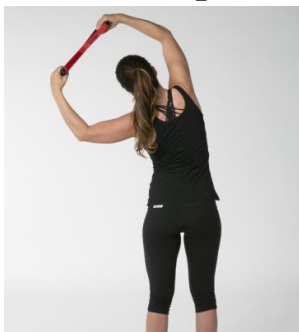
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



1. Overhead Reach



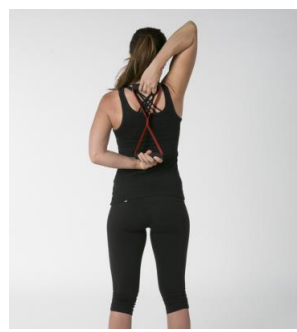
2. Behind Head



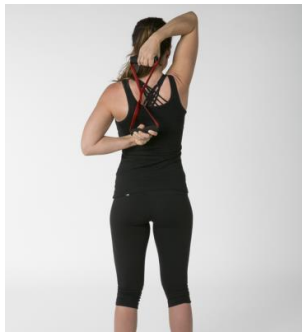
3. Overhead Left Side Reach



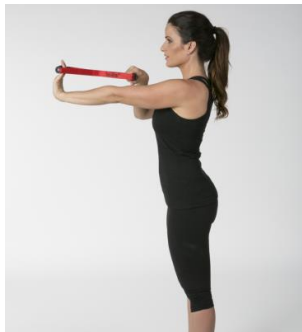
4. Overhead Right Side Reach



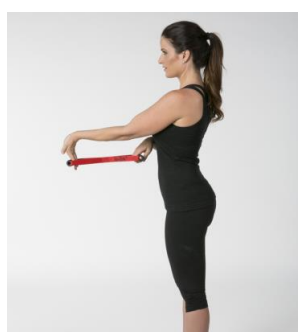
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Weeks 2-4: Stretching & Flexibility Training

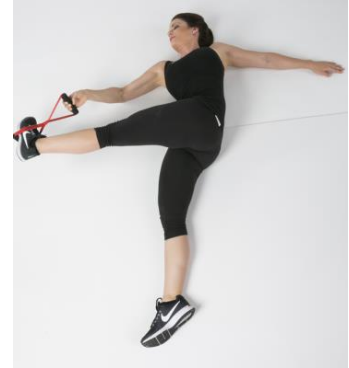
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



11. Lying Hamstring



12. Lying One Legged Split



13. Lying Cross Body
Leg Split

Weeks 2-4: Strength Training

Perform isometric hold at 60%-80% of your maximum effort followed by 10 repetitions



1. Shoulder Press



2. Lateral Deltoid Raise



3. Lateral Posterior



4. Vertical Deltoid



5. Lateral Rotator



6. Chest Fly



7. Back Row



8. Biceps Curl



9. Triceps Pushdown



10. Triceps Extension

Weeks 2-4: Strength Training

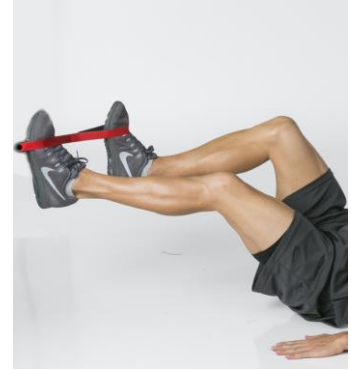
Perform isometric hold at 60%-80% of your maximum effort followed by 10 repetitions



11. Concentration Biceps Curl



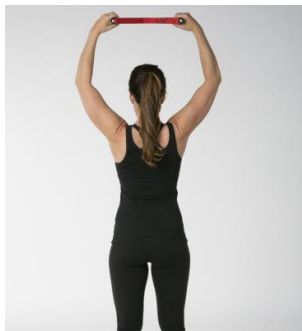
12. Leg Extension/Hamstring Curl



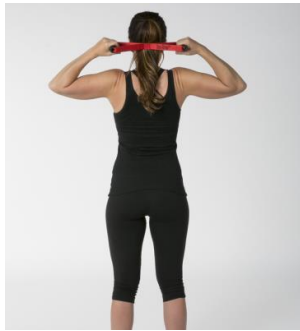
13. Knee Ups

Weeks 5-7: Stretching & Flexibility Training

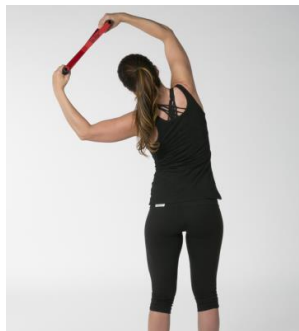
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



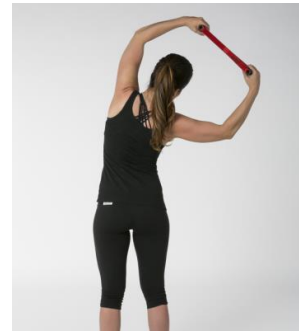
1. Overhead Reach



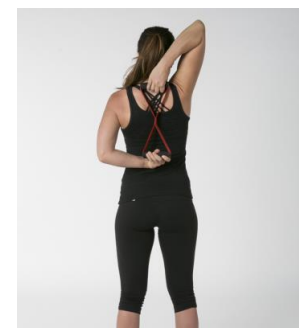
2. Behind Head



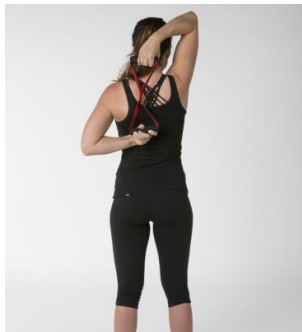
3. Overhead Left Side Reach



4. Overhead Right Side Reach



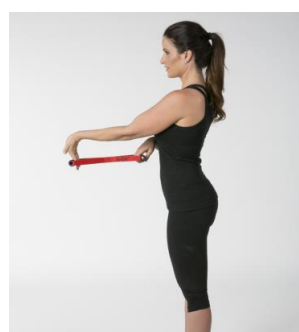
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



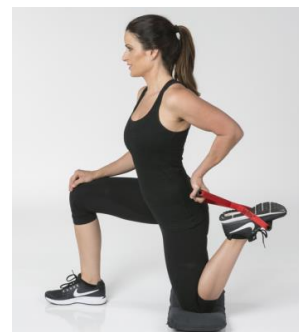
7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Weeks 5-7: Stretching & Flexibility Training

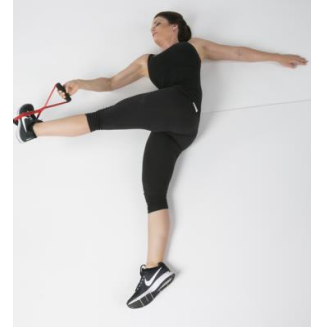
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



11. Lying Hamstring



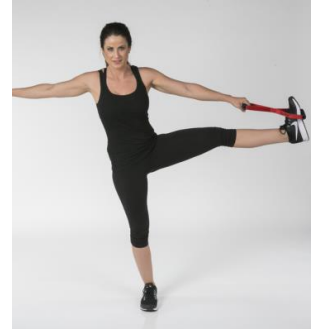
12. Lying One Legged Split



13. Lying Cross Body Leg Split



14. Standing Quadriceps



15. Standing One Legged Split

Weeks 5-7: Strength Training

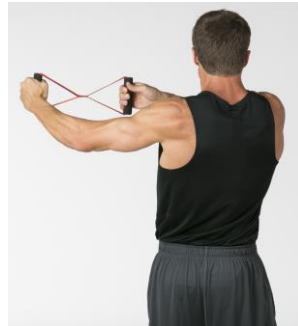
Perform isometric hold at 60%-80% of your maximum effort followed by 10 repetitions



1. Shoulder Press



2. Lateral Deltoid Raise



3. Lateral Posterior



4. Vertical Deltoid



5. Lateral Rotator



6. Chest Fly



7. Back Row



8. Biceps Curl



9. Triceps Pushdown



10. Triceps Extension

Weeks 5-7: Strength Training

Perform isometric hold at 60%-80% of your maximum effort followed by 10 repetitions



11. Concentration Biceps Curl



12. Triceps Press



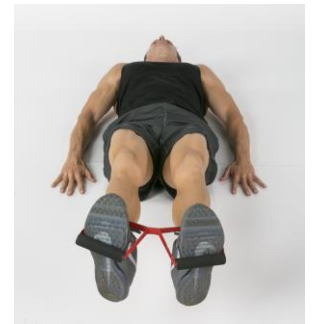
13. Vertical Rotator



14. Leg Extension/Hamstring Curl



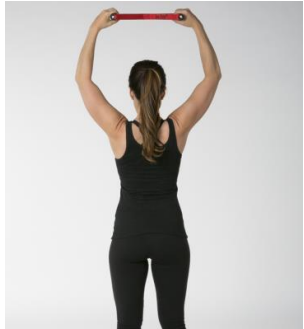
15. Knee Ups



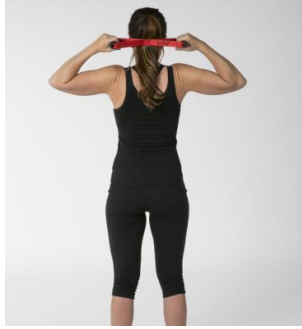
16. Lateral Core

Weeks 8-10: Stretching & Flexibility Training

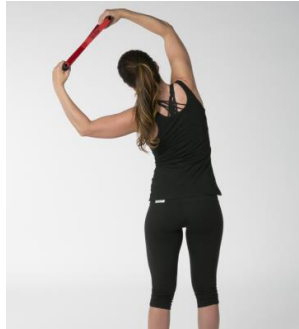
Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



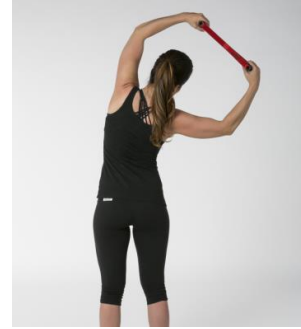
1. Overhead Reach



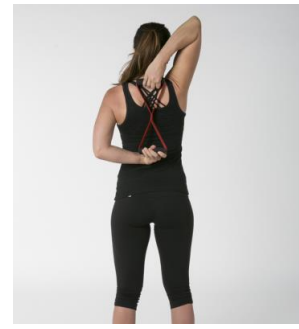
2. Behind Head



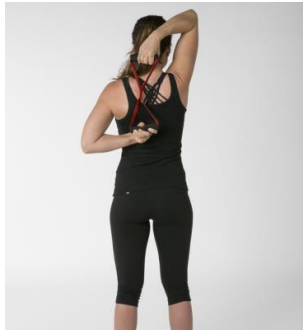
3. Overhead Left Side Reach



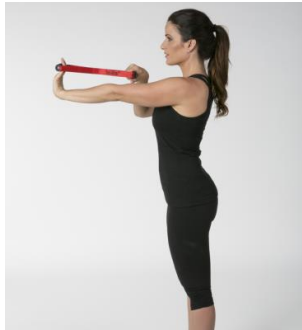
4. Overhead Right Side Reach



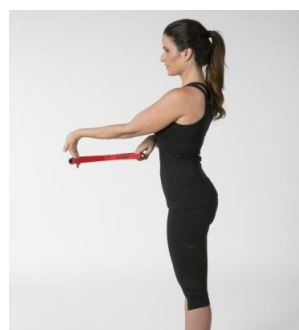
5. Over/Under Behind Back Pull Down



6. Over/Under Behind Back Pull Up



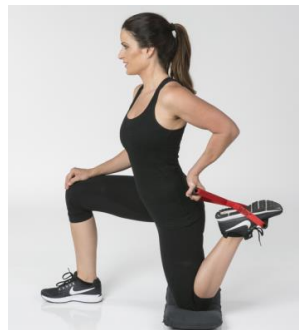
7. Underhand Forearm



8. Overhand Forearm



9. Seated Hamstring



10. Lunging Quadriceps

Weeks 8-10: Stretching & Flexibility Training

Use your Iso-Bow to attain deeper stretches. Hold each stretch for 10 - 30 seconds.



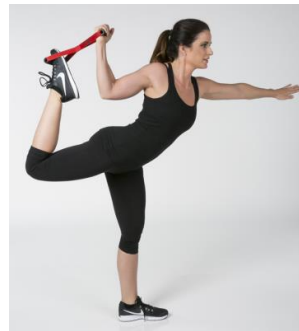
11. Lying Hamstring



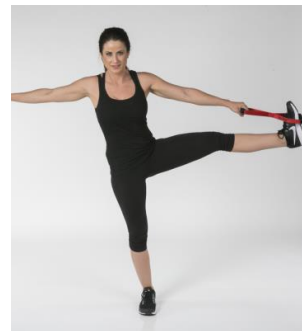
12. Lying Cross Body Leg Split



13. Lying One Legged Split



14. Standing Quadriceps Lean



15. Standing One Legged Split



16. Side Plank One Leg Split



17. Crescent Moon

Weeks 8-10: Strength Training

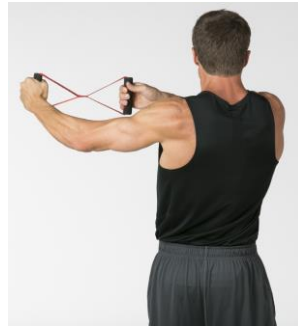
Perform isometric hold at 60%-80% of your maximum effort followed by 10 repetitions



1. Shoulder Press



2. Lateral Deltoid Raise



3. Lateral Posterior



4. Vertical Deltoid



5. Lateral Rotator



6. Chest Fly



7. Back Row



8. Biceps Curl



9. Triceps Pushdown



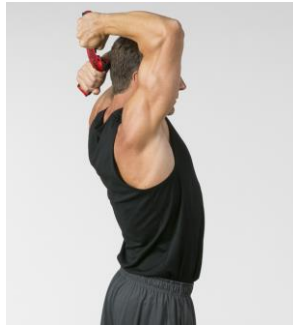
10. Triceps Extension

Weeks 8-10: Strength Training

Perform isometric hold at 60%-80% of your maximum effort followed by 10 repetitions



11. Concentration Biceps Curl



12. Triceps Press



13. Vertical Rotator



14. Leg Extension/Hamstring Curl



15. Knee Ups



16. Core Circles