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## The Bullworker® Secret 7 routines ... 7 seconds per day

The Bullworker Secret 7 workout that tones 60% of your muscle group areas. Warm up and perform each of the following exercises once, then warm down. Follow the instruction for each of the exercise routines shown.

## WARM UP AND WARM DOWN ROUTINE

Warm Up and Warm Down Routines should be performed before and after exercising

<p><b>A</b></p> <p>1. Stand with your feet 30cm apart, hold the Bullworker inner grips with your arms extended out at waist height. Keeping your legs and back straight inhale deeply.</p>	<p><b>A</b></p> <p>1. Stand with your feet 30cm apart, hold the Bullworker inner grips on the inner grips</p> <p>2. Raise your arms above your head and inhale deeply</p>	<p><b>A</b></p> <p>1. Stand with your feet 30cm apart, hold the Bullworker inner grips</p> <p>2. Extend your arms in front at chest height and inhale deeply</p>
<p><b>B</b></p> <p>1. With your body facing forwards slowly twist to the right and exhale.</p> <p>2. Do not jerk your body move slowly back to position and inhale deeply.</p>	<p><b>B</b></p> <p>1. With your legs and back straight slowly bend forward while exhaling until you reach position C</p>	<p><b>B</b></p> <p>1. Slowly bending the knees move into a squatting position keeping your arms held out in front of you and exhale</p>
<p><b>C</b></p> <p>1. From position A with your body facing forwards slowly twist to the left and exhale.</p> <p>2. Do not jerk your body move slowly back to position and inhale deeply Repeat 10 times</p>	<p><b>C</b></p> <p>1. At this point your legs and back should be straight. Only bend as far as you can without straining.</p> <p>2. Move back through position B to position A inhaling deeply Repeat 10 times</p>	<p><b>C</b></p> <p>1. Slowly stand keeping your back and arms straight. Repeat 5 times</p>

## 4 WAYS TO ACHIEVE MAXIMUM MUSCLES

- Take your measurements now and at the end of week 2 and week 4. Record your Fitness meter readings for each exercise performed. You will be amazed by your progress and we want you to see the proof on your training chart.
- Perform each exercise exactly as described and illustrated. If you can work out in front of a mirror or train with a friend. Concentrate on performing each exercise so that you feel the maximum effect in the muscle group specified.
- Do not strain: 70% of your present strength is all it takes to achieve maximum results. If your arms or legs tremble, you are forcing too hard. Do not rush the training routines and check the time of each hold against a clock with a second hand or a stopwatch. Remember to maintain the hold pressure for a full 7 seconds
- A training week consists of 5 workouts during a 7 day period. If you miss a day make it up at the weekend. If you cannot train for 3 days running start the training week over again.

## Training Days

Exercises	First Week Training					Second Week Training				
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 1	Day 2	Day 3	Day 4	Day 5

## Measurements

	Neck	Shoulders	Chest Inflated	Biceps Flexed	Forearms	Waist	Thighs	Calves
Before Exercising								
After 2 Weeks								
After 4 Weeks								
After 6 Weeks								

Please read the instructions thoroughly and as with all exercise equipment ...please take care. When holding the Bullworker traction ropes with your feet, please ensure that the ropes are held in the middle of the soles of your feet. It is advisable to seek your doctor's advice before starting any exercise programme. No exercise should result in pain. If pain occurs, or if pain already exists, consult your doctor before continuing your exercise programme. Only those exercises illustrated and described in the instructions should be attempted. Junior's must be supervised by an adult.

Isometric Resistance Training: For a light workout the Bullworker Secret 7 exercises will tone 60% of your muscle groups. For a complete workout use the training schedule shown below starting at exercise 1 week 1, completing all 28 exercises at the end of week 4. Repeat the schedule using the same set of exercises, or adjust your routine to suit the muscle groups you want to work on.

Isotonic Muscle Build Training: Any of the Bullworker exercises shown can be used Isotonically for muscle building. Repeat the exercise of your choice 7 times. On each of the first six hold the pressure point for just 2 seconds. On the seventh exercise hold the pressure point for a full 7 seconds...you will immediately notice the difference. Monitor your muscle growth.

<p><b>6</b></p>	<p><b>2</b></p>	<p><b>1</b></p>	<p><b>5</b></p>	<p><b>24</b></p>	<p><b>12</b></p>	<p><b>3</b></p>
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## Training Routines

### Week 1

Record your measurements on the progress chart Start with the Warm Up Routine Perform Exercises 1 to 7 once a day for 5 days End with the Warm Down Routine

### Week 2

Start with the Warm Up Routine Perform Exercises 1 to 14 once a day for 5 days End with the Warm Down Routine Record your measurements on the progress chart

### Week 3

Start with the Warm Up Routine Perform Exercises 1 to 21 once a day for 5 days End with the Warm Down Routine

### Week 4

Start with the Warm Up Routine Perform Exercises 1 to 28 once a day for 5 days End with the Warm Down Routine Record your measurements on the progress chart

## Stomach

**1 ABDOMINALS Definition**

A. With each hand grasp the ropes near the top of the Bullworker, fingers facing downwards, with your arms held straight out.

B. Inhale deeply pull your stomach in and push down while exhaling and counting slowly out loud from 1 to 10.

**8 ABDOMINALS Full range**

A. Kneel on the floor with the Bullworker against the front of one of your knees.

B. Lean forward and grasp the outer rope only in each hand.

C. Inhale deeply pulling your stomach in and pull the ropes towards you while exhaling and counting slowly out loud from 1 to 10.

Perform this movement so that you can feel the exertion in your abdominals and not your shoulders

**15 FRONT STOMACH**

A. Kneel on the floor with the Bullworker resting against your knees.

B. Grasp the upper handle of the Bullworker with both hands, your arms stretched out straight.

C. Inhale deeply pull in your stomach and press down on the Bullworker while exhaling and counting slowly out loud from 1 to 10. Keep your arms and back straight exerting the effort with your front stomach muscles rather than your arms.

**22 ABDOMINALS**

A. Stand with your heels together, with the Bullworker held securely between your feet.

B. Resting both hands on the upper handle, bend forward from the waist.

C. Inhale deeply pulling your stomach and press down on the Bullworker while exhaling and counting slowly out loud from 1 to 10.

Keep your legs, back and arms straight, to feel the exertion in your abdominals.

## Arms

**2 BICEPS Full Range Left & Right Sides**

A. Sit on a chair with your right foot over one pair of traction ropes.

B. Grasp one rope near the centre with your right hand.

C. Pull on the rope while exhaling and counting slowly out loud from 1 to 10. Move only your forearm; your upper arm should be stationary throughout the movement.

D. Repeat the exercise on the left-hand side of your body.

**9 BICEPS Inner Range**

A. Stand with your weight forward on your right foot.

B. Grasp the upper inner grip with your left hand, palm facing inward and the lower inner grip with your right hand. Palm facing inward, at waist height.

C. Inhale deeply and push upward with your right hand while exhaling and counting slowly out loud from 1 to 10.

D. Repeat the exercise for the other side of your body.

**16 TRICEPS**

A. Grasp the upper two ropes with your left hand, palm facing upwards the lower ropes with your right hand, palm facing downwards.

B. Raise your left hand to shoulder height.

C. Inhale deeply and push down with your right hand while exhaling and counting slowly out loud from 1 to 10. Your left hand should remain stationary.

D. Repeat on the opposite side.

**23 BICEPS Inner Range Left & Right Sides**

A. Stand with your feet 30cm apart.

B. Grasp one handle with your left hand palm up, in front of your right hip. Your right hand should hold the other handle so that the tube of the Bullworker touches your right shoulder.

D. Inhale deeply and push upwards with your right hand while exhaling and counting slowly out loud from 1 to 10.

Perform the exercise on the other side of your body.

## Chest

**3 MIDDLE CHEST**

A. Stand with your feet 30cm apart.

B. Grasp the two handles and position the Bullworker at chest level.

C. Inhale deeply and push inwards with both hands while exhaling and counting slowly out loud from 1 to 10.

If you are unable to do this exercise or feel any strain on your back please exclude it from your routine.

**10 UPPER CHEST**

A. Stand with your feet 30cm apart.

B. Grasp the Bullworker by the inner grips, fingers facing downwards, and position it at shoulder height.

C. Inhale deeply and push the two grips towards each other while exhaling and counting slowly out loud from 1 to 10.

**17 CHEST Left & Right Sides**

A. Stand with your feet 30cm apart.

B. Grasp the two handles with your left arm fully extended and your right hand positioned in front of the right side of your chest.

C. Inhale deeply and push inward with your right hand while exhaling and counting slowly out loud from 1 to 10.

D. Repeat the exercise with your left hand positioned in front of the left side of your chest.

**24 CHEST Muscular Definition**

This exercise accentuates the individual definition of the various muscles that lift your chest, broaden it and arch it outwards.

A. Stand with your feet 30cm apart.

B. Grasp the Bullworker by the inner grips, fingers facing upward, and position it at shoulder height.

C. Inhale deeply and push the grips inward while exhaling and counting slowly out loud from 1 to 10.

## Legs

**4 LEGS**

A. Sit down on a chair; insert your feet between the tube of the Bullworker and the traction ropes.

B. Sitting well back, extend your legs out in front of you.

F. Inhale deeply, pull in your stomach and push outward with your feet while exhaling and counting slowly out loud from 1 to 10. Please remember to keep your back firmly pressed into the chair

**11 CALF MUSCLES Left & Right**

A. Sit down in a chair and slip your right foot over the two ropes on one side of the Bullworker.

B. Grasp the other two ropes with both hands palms facing downwards, sitting well back in the chair.

C. Inhale deeply pulling your stomach in and push out with your right leg while exhaling and counting slowly out loud from 1 to 10.

D. Repeat the exercise with your left leg.

**18 INNER THIGHS**

A. Sit on the edge of a chair.

B. Grasp the two inner grips, palms facing downwards, with the Bullworker held just below knee level, your forearms resting on the insides of your knees.

C. Inhale deeply and press your knees inward against your forearms while exhaling and counting slowly out loud from 1 to 10.

Do not exert pressure with your arms.

**25 LEGS**

A. Lay on your back, knees arched upward, your feet 15cm apart with your arms straight out, palms facing downward.

B. Place one pair of traction ropes outside each knee with the Bullworker positioned between your knees.

C. Push outward with your knees while exhaling and counting slowly out loud from 1 to 10.

## Shoulders

**5 UPPER BACK & SHOULDERS Left & Right Side**

A. Stand with your feet 30cm apart.

B. With each hand grasp two traction ropes near the centre and position the Bullworker to the right of your body, your hands at shoulder height.

C. Inhale deeply and pull the two ropes apart like an archer's bow, while exhaling and counting slowly out loud from 1 to 10.

D. Repeat the exercise on the left side of your body.

**12 CHEST & SHOULDERS**

A. Stand with your feet 30cm apart.

B. Grasp the two handles and position the Bullworker over your head.

C. Inhale deeply and push inwards with both hands while exhaling and counting slowly out loud from 1 to 10.

**19 SHOULDERS Inner Range**

A. Stand with your feet 30cm apart.

B. Grasp the two inner grips, palms facing downwards and hold the Bullworker behind your head.

C. Inhale deeply and push the grips together while exhaling and counting slowly out loud from 1 to 10.

**26 SHOULDERS Inner Range**

A. Stand on the outer rope with one foot (either foot).

B. With both hands grasp the outer rope on the other side of the Bullworker, palms facing downwards. Slowly stand up straight.

C. Inhale deeply pulling your stomach in and with your elbows bent, pull the rope upwards along your body with your forearms, while exhaling and counting slowly out loud from 1 to 10.

## Back

**6 UPPER BACK Left & Right Sides**

A. Start with your weight on your left foot and your left hand holding one handle on top of your left thigh.

B. Leaning forward from the waist, grasp the other handle with your right hand, your right arm fully extended.

C. Inhale deeply pull in your stomach and push down with your right hand while exhaling and counting slowly out loud from 1 to 10.

D. Repeat the exercise on the other side of your body.

**13 LOWER BACK**

A. Sit on the floor with both feet through the traction ropes on the side of the Bullworker.

B. With both hands, grasp one (or both) traction ropes, hands facing downwards.

C. With your arms straight, stretch backwards as far as you can (decide whether holding one or both ropes works better for you) while exhaling and counting slowly out loud from 1 to 10.

**20 UPPER BACK Full Range**

A. Stand with your feet 30cm apart.

B. With each hand grasp one traction rope, your hands facing inwards. With your arms at head height hold the Bullworker in a vertical position.

C. Inhale deeply and pull outward on the ropes while exhaling and counting slowly out loud from 1 to 10.

**27 UPPER BACK Middle Range**

A. Stand with your feet 30cm apart.

B. With each hand grasp one traction rope, your hands facing inwards. With your arms at head height hold the Bullworker in a vertical position.

C. Inhale deeply and pull outward on the ropes while exhaling and counting slowly out loud from 1 to 10.

## Bonus Routines

**7 BICEPS Full Range**

A. Stand with your feet on one of the outer traction ropes

B. Grasp the outer rope on the other side of the Bullworker near the centre with both hands, palms facing upwards and slowly stand up

E. Inhale deeply and pull up with your fore arms while exhaling and counting slowly out loud from 1 to 10.

Your upper arms should remain stationary during the exercise.

**14 UPPER BACK Upper Section**

A. Sit on a chair with one handle of the Bullworker resting on a knee.

B. Grasp one of the outer ropes in each hand. Inhale deeply, pull your stomach in and pull down and outwards on the ropes while exhaling and counting slowly out loud from 1 to 10.

C. Practice this movement until you feel the exertion in your upper back. Hold the Bullworker carefully to ensure that it does not slip.

**21 LOWER CHEST**

A. Stand with your feet 30cm apart.

B. Grasp the two handles and position the Bullworker level with your hips, about 6cm from your body.

C. Inhale deeply and push inward on the two handles while exhaling and counting slowly out loud from 1 to 10.

**28 UPPER BACK Lower Section**

A. Kneel with one handle of the Bullworker resting against the front of your knees.

B. Maintaining a straight line from your shoulders to your knees, grasp one of the outer ropes in each hand.

C. Inhale deeply, pull in your stomach and pull down and outwards on the ropes. Feel the exertion in your back not in your shoulders.