	Bully Xtre										
	1 Rep	1	2	0 Sec		5	6	7	8	9	10
1. Circulation Exercises	Grasp Bully Xtreme Cables and pull them apart using 70% of your strength. Move your arms while	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	holding this position down towards your legs. Breathe out in the downward movement and breathe in the upward movement.	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Do 10 reps.	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
2. Chest Exercises middle chest	Grasp the Bully Xtreme handles as shown in picture, compress the Bully inward, the higher you hold	Date	Date Reps	Date Reps	Date Reps	Date	Date	Date	Date Reps	Date	Date
8	your elbows the more difficult the exercise. Log your power meter reading.	Reps	Power	Power	Power	Reps	Reps	Reps	Power	Reps	Reps
	Ç	1 OWCI	1 OWC1	1 OWCI	1 OWC1	1 OWCI	1 OWC1	Tower	1 GWC1	1 OWCI	1 OWCI
Chest Exercises upper chest	Grasp the Bully Xtreme handles as shown in picture. Just above eye level-compress the Bully inward.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
		Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
		Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
4. Chest Exercises lower chest	Grasp the Bully Xtreme handles as shown in picture. Compress the Bully Xtreme inward. This is a	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Great exercise for building the inner chest. You ma not be able to compress it much, but as your	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
defined chest.	strength increases you will see yourself developing a muscular	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
5. Chest Exercises Lett and Right Side Chest	Grasp the Bully Xtreme handles as shown in picture. Keep the Left hand stable and compress inward with your right hand.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Repeat other side.	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
		Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
6. Back Exercises Entire Back	Grasp the Bully Xtreme handles as shown in picture. While holdingbehind your back,	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	compress Bully inward. Don't be surprised if you barely compress the Bully.	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	y	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power

1	Bully Xtree Rep Hold for 10 Seconds		•			_		or 20	reps	)	
	Training Day	1	2	3	4	5	6	7	8	9	10
Exercises Upper and Beltoids back	Grasp the cables as shown, around solar plexus level, with left, hand hold the cable while pulling towards	Date									
	your-self with the right hand.	Reps									
		Power									
8. Back Exercises Lower Back Standing	Place Bully Xtreme Cable under both legs. Grasp other cable as shownusing your arms pull	Date									
yo d	upwards in a lifting motion. Keep your eyes looking up. Don't look down. Keep your back as straight	Reps									
	as possible	Power									
9. Back Exercises Lower Back	Place Cables under feet as shown and grasp cables. In a rowing fashionwith back	Date									
Seated	straight pull cables towards you.	Reps									
		Power									
10.  Back  Exercises  Beltolds, Upper Back, Trapezius	Place Bully Xtreme Over your head. Grasp cables with palms facing down. Pull cables away	Date									
(8)	from each other	Reps									
		Power									
11.	This exercise can be done kneeling or standing. Grasp the Bully Xtreme handle with	Date									
Back	your left hand and place it on your right thigh. Take your right hand and grasp the handle and compress Bully	Reps									
Upper Bac Left and Right	Xtreme in a downward. Focus on using your back muscles.	Power									
12. Shoulder Exercises Front Lateral	Grasp cable as shown with left hand and grasp upper cable with right hand. Keep your	Date									
Raises	elbow locked (right hand) and pull cable upward. This exercise is the same as doing a	Reps									
	front shoulder raise with a dumbbell	Power									

	Bully Xtre 1 Rep										
	Training Day	1	2	3	4	5	6	7	8	9	10
Shoulder Exercises Side Lateral	This is the same exercise as a dumbbell side lateral raise. Grasp cables as shown with your left hand	Date									
P A A	elbows slightly bent pull upwards.	Reps									
		Power									
14. Shoulder Exercises Shoulders, Trapezius and Upper Arms	inward. Very difficult exercise.	Date									
	Hits both your Biceps and shoulder muscles.	Reps									
		Power									
15. Shoulder Exercises Shoulder and	This exercise is performed in a kneeling position. With your back straight grasp cables as	Date									
Upper back	shown and pull out and downward. Also hits your abs.	Reps									
		Power									
16. Shoulder Exercises	Place one end of the Bully Xtreme against the corner of a door jam. Grasp bottom handle	Date									
Muscles	as shown and compress upwards. This exercise will pack muscle on your front delts.	Reps									
		Power									
17. Neck and Chin	Place one end of the Bully Xtreme on the ground while kneeling or sitting. I suggest you put a small	Date Reps									
	towel on the top handle and then place your chin on the handle compress downward using neck		Корз	πορσ	πορσ	Корз	Корз	Коро	Коро	Корз	Корз
	muscles.	Power									
18. Biceps Standing Single Arm Biceps	Grasp one of the Bully Xtreme cables with your left hand and grasp other handle with your right hand and	Date									
9	curl upward. Similar to a dumbell curl. Repeat other hand.	Reps									
		Power									

	Bully Xtrei 1 Rep										
	Training Day	1	2	3	4	5	6	7	8	9	10
19.  Biceps  Biceps Inner Range-	Grasp one end of the Bully Xtreme as shown and curl the right hand upwards. Curling fashion.	Date									
Left and Right	Repeat other hand	Reps									
		Power									
20. Biceps Seated Single Arm Biceps	Grasp one of the Bully's cables as shown and curl upwardrepeat other hand. This exercise can	Date									
	also be done seated	Reps									
		Power									
21. Biceps Bent over Double Arm	Place cables under your feet as shown bend forward keeping your back straight and curl	Date									
Biceps	upward. Keep eyes looking up. This exercise hits the beginning and middle range.	Reps									
		Power									
22. Biceps r	This is similar to exercise #18, just everse your grip instead of palms lown you want knuckles up and	Date									
	url. Řepeat other side	Reps									
		Power									
23.	Grasp Bully Xtreme as shown, the right holds cables close to you while you extend your left hand	Date									
Triceps exercises Triceps a Biceps Extended	away from your body. Repeat other hand	Reps									
overhead		Power									
24. Triceps Exercises Triceps One Arm	Grasp Bully as shown, left hand across chest and grasp other cable with right hand and push	Date									
Push Down	downward. Repeat other side.	Reps									
		Power									

	Bully Xtrei 1 Rep		-			_					
	Training Day	1	2	3	4	5	6	7	8	9	10
25.	Grasp Bully as shown extend right hand upwards. Similar to a tricep extension exercise with a	Date									
Triceps	dumbbell.	Reps									
Exercises Single Arm Tricops Above The Head		Power									
26.	This exercise develops the triceps. Stand straight legs 12" apart. Grip both cables with palms facing each	Date									
Triceps	other. Bend forward. Push one cable outward in a reverse grip with your right hand. Repeat other hand	Reps									
Exercises Triceps Bent Position		Power									
27. Triceps Exercises Parallel One Arm Triceps Extension	This exercise can be done standing or seated. Hold cables of the Bully with both hands, palms facing	Date									
A CONSTRUCTION OF THE PARTY OF	downward. Raise Bully to eye level Keeping your left hand stationary, using a reverse grip. Push the cables	Reps									
	away with your right hand until completely stretched out. Repeat other hand.	Power									
28. Forearm Exercises Chest and Forearms	Grip cables with both hands, palms facing downwards. Hold Bully Xtreme at	Date									
	stomach level. Once in this position twist both cables inward. This exercise also hits	Reps									
	your inner chest area.	Power									
29. Forearm Exercises Inner Forearms	This exercise must be done seated. Place one of the cables under your right foot. Grip other	Date									
	cable as shown. Rest your right elbow on your right leg. Palm facing upward. Pull cable with your right hand, keeping your	Reps									
	forearm fixed on your leg while moving only your wrist. Repeat other hand	Power									
30. Forearms Exercise Outer forearms	This is the same exercise as #29, except you reverse the grip. Palm facing downward	Date									
3		Reps									
		Power									

	Bully Xtrei 1 Rep		-			_					
1	Training Day	1	2	3	4	5	6	7	8	9	10
31. Back Exercise Bent Over Single Arm Rowin	Place a chair next to you. Stand with your right foot 6" in front of your left foot and place one of the	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
ar s	cables under your right foot. Bend down and grasp the other cable with your right hand. Place left hand on chair. Keep your back	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	straight and pull upwards.	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
Stomach Exercises Stomach Exercise	Place one of the handles securely between your feet. Both hands on the other handle as show. Bend	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	forward from waist while pushing downward with hands. Great ab exercise.	Reps	Reps	Reps	Reps	Reps	Reps Power	Reps	Reps	Reps	Reps
7	exercise.	1 GWC1	1 OWCI	1 OWCI	1 Ower	Tower	1 GWC1	1 GWC1	1 Ower	1 Ower	1 ower
33. Stomach Exercises Abdominal Kneeling	Kneel on the floor with one handle resting against the front of your knees. Grip the other	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	handle with both hands, with arms out-stretched, push down with both hands.	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
		Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
34. Stomach Exercises Stomach Muscles	Kneel down rest one handle against side of your right knee. Grip other handle with both	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
(Left & Right)	hands. Push handle downward with both hands. Repeat on other side.	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
		Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
35. Stomach Exercises Abdominal Full	Kneel on floor resting one handle of the Bully against your knees. Bend forward holding both cables one in each hand. Pull	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Range	cables one in each hand. Full cables towards you hands outstretched. This is a "killer" exercise.	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
		Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
36. Stomach Exercises Front Stomach	This exercise targets your front abs. Sit on a chair. Position Bully on your left knee as shown. Hold cables with	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Stomach 5	your hands. Lift your leg gradually pushing the handle upwards,	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
		Power	Power	Power	Power	Power	Power	Power	Power	Power	Power

Bully Xtreme Daily Fitness Training 1 Rep Hold for 10 Seconds													
	Training Day	1	2	3	4	5	6	7	8	9	10		
37. Leg Exercises Call Muscles	Sit on a chair. Place your right foot below one of the cables. With the cable just below your	Date											
(Ö)	toes. Grip the other cable with both hands. Now stretch your foot outwards completely. Maintain. Repeat with other	Reps											
	leg.	Power											
Sa. Leg Exercises Calves-	Same as exercise #37 except using both legs. Sit on a chair as shown with your feet over the	Date											
som reet	cable, stretch cable with both feet.	Reps											
		Power											
Exercises Leg Outer Thighs	Sit on a chair. Position Bully Xtreme vertical and slip cables over both knees. Push the cables	Date											
Inighs (Section 1)	outward with your knees.	Reps											
		Power											
Exercises _	Sit on a chair, place your right foot over the cable as shown. Grip other cable with both hands palm	Date											
	up. Push downward with your right foot, keeping your knee slightly bent. Repeat other leg	Reps											
		Power											
41. Leg Exercises Inner Thighs Hamstrings	Sit on a chair. Grasp Inner tube of the Bully Xtreme with both hands. Place your hands between	Date											
	your legs and squeeze your legs together against your arms.	Reps											
Ц		Power											
42. Leg Exercises Thigh Exercise	Place legs inside the cables as shown. Left leg holding cable down on floor. Extend right leg upward. This exercise is similar to a leg extension machine exercise. Repeat other leg.	Date											
upv to a		Reps											
		Power											

		Bully Xtrei 1 Rep		-			_					
	Training Day		1	2	3	4	5	6	7	8	9	10
Leg Exercises Thigh and Calf	Sit on a chair. F cables with kno open your legs.	Place feet inside ees slightly bent Repeat with	Date									
	other leg. This i exercise for me	is a GREAT n or women	Reps									
				Power								
44. Leg Exercises Seated leg press	one cable as sh	r and place feet on nown. Grasp other h hands. Push out	Date									
	with both feet		Reps									
			Power									
图义		45. This exercise targets your triceps,	Date									
		stomach and back muscles. Get in position	Reps									
	shown with hands as shown and push down	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power	
		46, Place legs in an elevated position as	Date									
		shown. Place Bully Xtreme between legs and	Reps									
core!		push downward with both hands. This exercise targets your	Power									
		47. This exercise is the same as a bench press, it is preferable that you lay on a bench so that your pressing	Date									
one cable on your ch Grasp other cable ar		hand can dip below your chest line. Hold ns facing down.	Reps									
			Power									

| Date  |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|       |       |       |       |       |       |       |       |       |       |
| Reps  |
|       |       |       |       |       |       |       |       |       |       |
| Power |