Warm Up and Warm Down Routine

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.

Warm up and record your measurements your right hand while exhaling and counting slowly out loud from 1 to 10 once a day for 5 days and press down on the Bullworker while exhaling and counting slowly out loud from 1 to 10.

C. Push outward with your knees while exhaling and counting slowly out loud so that the tube of the Bullworker touches your right shoulder.
Outward on the ropes while exhaling and counting slowly out loud from 1 to 10.

A. Lay on your back, knees arched upward, your feet 15 cm apart.

A. Grasp the two inner grips, your hands facing inwards. With your arms at head height hold the Bullworker in a vertical position.

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

WARM UP AND WARM DOWN ROUTINE

WARM UP ROUTINE

1. Stand with your feet 30 cm apart.

2. Stand with your feet 30 cm apart.

3. Stand with your feet 30 cm apart.

4. Stand with your feet 30 cm apart.

5. Stand with your feet 30 cm apart.

6. Stand with your feet 30 cm apart.

7. Stand with your feet 30 cm apart.

8. Stand with your feet 30 cm apart.

9. Stand with your feet 30 cm apart.

10. Stand with your feet 30 cm apart.

11. Stand with your feet 30 cm apart.

12. Stand with your feet 30 cm apart.

13. Stand with your feet 30 cm apart.

14. Stand with your feet 30 cm apart.

15. Stand with your feet 30 cm apart.

16. Stand with your feet 30 cm apart.

17. Stand with your feet 30 cm apart.

18. Stand with your feet 30 cm apart.

19. Stand with your feet 30 cm apart.

20. Stand with your feet 30 cm apart.

21. Stand with your feet 30 cm apart.

22. Stand with your feet 30 cm apart.

23. Stand with your feet 30 cm apart.

24. Stand with your feet 30 cm apart.

25. Stand with your feet 30 cm apart.

26. Stand with your feet 30 cm apart.

27. Stand with your feet 30 cm apart.

28. Stand with your feet 30 cm apart.

3. 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 routine 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.

4. A training week consists of 5 workouts during a 7 day period. If you miss a day make up the weekend.

If you cannot train for 3 days running start the training week over again.

The Bullworker & Secret 7
7 routines 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.

Training Days

1. Day
2. Day
3. Day
4. Day
5. Day

Week 1

1. Day
2. Day
3. Day
4. Day

Week 2

1. Day
2. Day
3. Day
4. Day

Week 3

1. Day
2. Day
3. Day
4. Day

Week 4

1. Day
2. Day
3. Day
4. Day

Recording your measurements throughout will allow you to track the effectiveness of each exercise program.

WARM UP ROUTINE

1. Stand with your feet 30 cm apart. Slowly straighten up your back so that the tube of the Bullworker touches your right shoulder.

2. Do not jerk your body forward; your back should be straight. Only bend as far as you can without straining.

3. 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 routine 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.

4. A training week consists of 5 workouts during a 7 day period. If you miss a day make up the weekend.

If you cannot train for 3 days running start the training week over again.

Isometric Muscle Build Training: Any of the Bullworker exercises shown can be used historically 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.