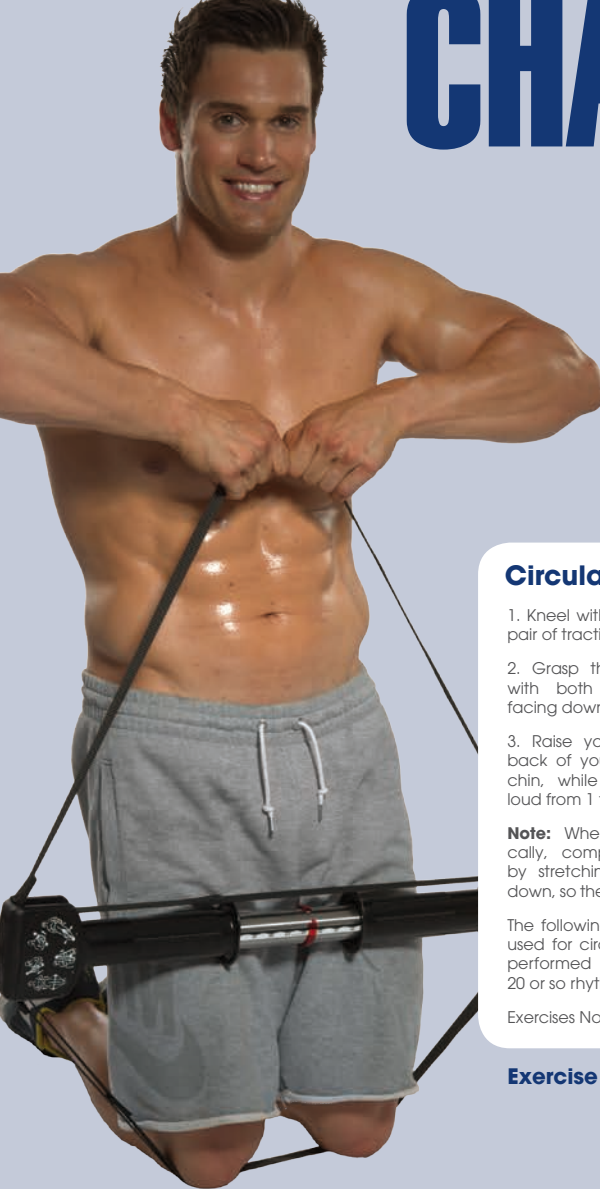


BULLWORKER X5

WALL CHART



Circulation training

1. Kneel with your knees over one pair of traction ropes.
2. Grasp the exterior rope only with both hands, your palms facing downwards.
3. Raise your forearms until the back of your hand touches your chin, while counting slowly out loud from 1 to 10.

Note: When performing isotonically, complete the movement by stretching your arms straight down, so they touch the Bullworker.

The following exercises can all be used for circulation training when performed as described above: 20 or so rhythmic repeats.

Exercises Nos. 15, 19, 30, 37.

Exercise No. 29

4 RECOMMENDATIONS FOR MAXIMUM RESULTS:

1. Take your measurements now and at the end of the 2nd and 4th training weeks. Write in your power meter reading for each exercise performed. You are going to be amazed by your progress in the next few weeks and we want you to have the proof in writing.
2. Perform each exercise exactly as described and illustrated. Work out the first few times in front of a mirror. If you can, concentrate on performing each exercise so you feel the maximum effect in the muscle group specified.
3. Do not strain: 60% to 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 ruin the training. Check the time of each hold against a watch or clock with a second hand. Maintain the pressure for a full 7 seconds.
4. A training week consists of 5 workouts during a 7-day period. If you miss a day or two during the week, make it up on the weekend. If you cannot train for 3 days running, start the training week over again.

Increased strength

Write in the power meter reading after each exercise.

	Day of training									
	First week					Second week				
	1	2	3	4	5	1	2	3	4	5
1										
2										
3										
4										
5										
6										

Bigger muscles — less flab

Take your measurements before starting training and again after the 2nd and 4th weeks. Take all measurements in circumference at the widest area.

	Before training	After 2 weeks	After 4 weeks
Neck			
Shoulders			
Chest (inflated)			
Biceps (flexed)			
Forarms			
Waist			
Thighs			
Calves			

First Week

Perform the circulation exercise and exercises Nos. 1-6, once each day for 5-6 days. DO NOT BE IMPATIENT. The key to success is to start out slowly, perform better each day and train regularly.

Note the Power Meter reading after each exercise you perform.



Biceps — inner range

1. Stand with your weight forward on your right foot.
2. Grasp the upper cylindrical grip with your left hand, palm facing outward and the lower cylindrical grip with your right hand, palm facing inward, at waist height.
3. Take a deep breath and pull upward with your right hand while counting slowly out loud from 1 to 10.
4. Repeat the exercise for the other side of your body.



Biceps — full range

1. Stand with your feet on top of one of the outer traction ropes.
2. Grasp the outer rope on the other side of the Bullworker near the centre with both hands, palms facing upwards and stand up.
3. Take a deep breath and pull upward with your forearms while counting slowly out loud from 1 to 10.
4. Repeat the exercise for the other side of the exercise.



Legs

1. Sit down and insert your feet between the tube of the Bullworker and the traction ropes.
2. String well back in a chair, extend your legs out in front of you.
3. Take a deep breath, pull in your stomach and push outward with your feet while counting slowly out loud from 1 to 10.



Upper back — upper section

1. Sit on the end of a chair with one handle of the Bullworker resting on your knee (either knee).
2. Grasp one of the outer ropes in each hand.
3. Take a deep breath, pull in your stomach and push inward with your chest.
4. Repeat the exercise until you feel the exertion in your upper back.



Abdominals — full range

1. Kneel on the floor with one handle of the Bullworker resting against the front of your knee.
2. Grasp the outer ropes in each hand and lean forward.
3. Take a deep breath, pull your stomach in and pull down and pull the ropes towards you, while counting slowly out loud from 1 to 10.
4. Repeat the exercise until you feel the exertion in your abdominal.



Chest

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the two handles with your right arm fully extended and your left hand positioned in front of the left side of your chest.
3. Take a deep breath and push inward with your right hand, while counting slowly out loud from 1 to 10.
4. Repeat the exercise with your right hand positioned in front of the right side of your chest.

Second, third and fourth week

Perform a circulation exercise, exercises Nos. 1-6 and add two new exercises each time you train. By the end of the third week, you should be performing the complete 26 exercise daily training programme.

Take measurements at the end of 2nd and 4th training weeks.



Lower chest

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the two handles and position the Bullworker at hip height, an inch or two (3-5 cm) in front of your body.
3. Take a deep breath and push inward on the two handles, while counting slowly out loud from 1 to 10.
4. At the onset, you will hardly be able to move the handles at all. This is unimportant. You are contacting your lower chest muscles, which is the aim of the exercise.



Shoulders — full range

1. Step on one outer rope with one foot (either foot).
2. Grasp the outer rope on the outer side of the Bullworker with both hands, palms facing downwards.
3. Stand up straight.
4. Take a deep breath, pull in your stomach and with your elbows bent, pull the rope upwards along your body with your forearms, while counting slowly out loud from 1 to 10.



Middle chest

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the two handles and position the Bullworker at chest height.
3. Take a deep breath and push inward with both hands, while counting slowly out loud from 1 to 10.



Upper chest

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the Bullworker by the inner grips, fingers facing downward and position it at shoulder height.
3. Take a deep breath and press the two handles together, while counting slowly out loud from 1 to 10.



Upper back

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp both handles with the Bullworker positioned behind you, arms held straight.
3. Take a deep breath, pull in your stomach and press the two handles together, while counting slowly out loud from 1 to 10.
4. At the outset, you may not be able to move the handles at all. This is unimportant, provided you feel the effect of the exercise in your upper back.



Upper back — full range

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp one traction rope with each hand, your hands facing inward.
3. With your arms at head height, hold the Bullworker in a vertical position.
4. Take a deep breath and pull outward on the ropes, while counting slowly out loud from 1 to 10.

ALTERNATIVE: Exercise No. 38



Upper back — inner range

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the two traction ropes near the centre with each hand, your hands facing inward.
3. Take a deep breath and pull outward on the ropes, while counting slowly out loud from 1 to 10.



Upper back — middle range

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the two traction ropes near the centre with one hand and one traction rope near the centre with the other hand, your hands facing inward.
3. Take a deep breath and pull outward on the ropes, while counting slowly out loud from 1 to 10.

ALTERNATIVE: Exercise No. 36



Abdominals

1. Stand with your heels together, one handle of the Bullworker held securely between your feet.
2. Resting both hands on the upper handle, bend forward from the waist.
3. Take a deep breath, pull in your stomach and press down on the Bullworker, while counting slowly out loud from 1 to 10.
4. Keep your legs, back and arms straight, so that you feel the exertion in your abdominals, not in your shoulder.



Front stomach

1. Kneel on the floor with one handle of the Bullworker resting against the front of your knees.
2. Grasp the other handle with both hands, your arms stretched out straight.
3. Take a deep breath, pull in your stomach and press down on the Bullworker, while counting slowly out loud from 1 to 10.
4. Keep your arms and back straight and concentrate on exerting the effort with your front stomach muscles rather than your arms.

ALTERNATIVE: Exercise No. 35



Abdominals — inner range

1. Kneel on the floor, sitting back on your heels, with one handle of the Bullworker resting against the front of your knees.
2. Grasp the upper grip with both hands, your hands facing inward.
3. Take a deep breath, pull in your stomach and press down on the Bullworker, while counting slowly out loud from 1 to 10.
4. Keep your arms and back straight and concentrate on exerting the effort with your abdominal muscles rather than with your shoulders.



Abdominals — definition

This exercise accentuates the muscles which sheathe your front and side stomach. 1. Sit on the floor with one handle of the Bullworker nestled between your ankles. 2. Grasp two ropes near the top of the Bullworker with each hand, fingers facing downwards, your arms held straight out. 3. Take a deep breath, pull your stomach in and push down counting slowly out loud from 1 to 10. Perform the movements slowly; do not jerk down on ropes.

ALTERNATIVES: Exercise No. 33 and 34

Legs

1. Step on one pair of ropes on one side of the Bullworker and grasp the other pair, hands facing down about 12" (30 cm) apart.
2. Bend your knees until your thighs are parallel to the floor.
3. Take a deep breath and raise your body as high as you can, while counting out loud from 1 to 10.
4. Keep your arms straight throughout the exercise, the effort should be exerted by your thighs, not your arms.

Calf muscles

1. Sit down and slip your right foot over the two ropes on one side of the Bullworker.
2. Grasp the other two ropes with both hands, palms facing downwards, and sit well back in the chair.
3. Take a deep breath, pull in your stomach and push out with your right leg, while counting slowly out loud from 1 to 10.
4. Repeat the exercise with your left leg.

ALTERNATIVE: Exercise No. 31

Upper back and shoulders

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp two traction ropes near the centre with each hand and position the Bullworker to the right of your body, your hands at shoulder height.
3. Take a deep breath and pull the two ropes apart like a bow, while counting slowly out loud from 1 to 10.
4. Repeat the exercise on the left side of your body.

ALTERNATIVE: Exercise No. 31

Chest — muscular definition

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the Bullworker by the inner grips, fingers facing upward, and position it at shoulder height.
3. Take a deep breath and slide the grips outward, while counting slowly out loud from 1 to 10.

Chest and shoulders

This exercise is particularly effective for strengthening the muscles which link the chest and shoulders. 1. Stand with your feet about 12" (30 cm) apart. 2. Grasp the two handles and position the Bullworker over your head. 3. Take a deep breath and push inward with both hands, while counting slowly out loud from 1 to 10. When you first do this exercise hold the Bullworker only a couple of inches (about 5 cm) above your head. As your muscles strengthen, hold the Bullworker progressively higher, as the photo. ALTERNATIVE: Exercise No. 32

Inner thighs

1. Sit on the edge of a chair.
2. Grasp the two grips, palms facing downwards, with the Bullworker held just below the knee height, your forearms resting on the inside of your knees.
3. Take a deep breath and press your knees inward against your forearms, while counting slowly out loud from 1 to 10.
4. Do not exert pressure with your arms.

Triceps

1. Grasp the upper two ropes with your left hand, palm facing upwards and the other two ropes with your right hand, palm facing downwards.
2. Raise your left hand to shoulder height.
3. Take a deep breath and push down with your right hand, while counting slowly out loud from 1 to 10.
4. Your left hand should remain stationary.
5. Repeat the movement with your right hand grasping the upper ropes and your left hand the lower ropes. This time the left arm should do the work, the right hand should remain stationary.

Upper back — lower section

1. Kneel on the floor with one handle of the Bullworker resting against the front of your knees.
2. Grasp one of the outer ropes in each hand, maintaining a straight line from your shoulders to your knees.
3. Take a deep breath, pull in your stomach and pull down and outward on the ropes (see photo). Perform this exercise so you feel the exertion in your back, not in your shoulders.

Advanced training (isotonics)

By the fifth training week, your level of fitness will be high enough for you to tackle advanced fitness training, intensive training or specialised training, if you want to.

Isotonic exercise: Slowly exert and relax the pressure six times, maintaining the effort for 7 seconds on the last repeat.

Advanced fitness training: Begin performing any six exercises isotonically, add six more per week until you are performing all 26 isotonically. Train daily for 2-5 months, then switch to maintenance training (1 or 2 workouts per week).

Thereafter, train daily for a month or so in winter, late spring and after summer with maintenance training in-between.

Intensive training: Perform all 26 exercises isotonically, then begin performing two isotonic series for each exercise. Continue for 3 months, then cut back to daily training or maintenance training.

Specialised training: Perform two isotonic series of all exercises for the muscle group you want to specialise on, including the alternative and specialised exercises shown below. Continue for 3 months, then cut back to one series per day or maintenance training.



Biceps — inner range

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp one handle with your left hand, palm up, positioned in front of your left hip. Your right hand should hold the other handle, so that the tube of the Bullworker touches your right shoulder.
3. Take a deep breath and push upwards with your left hand, while counting slowly out loud from 1 to 10.
4. Perform the exercise on the other side of your body.



Biceps — full range

1. Sit on the edge of a chair with your right foot over one pair of traction ropes.
2. Grasp one traction rope, with both hands, hands facing inward.
3. Take a deep breath and pull in your stomach and push outward on the back of your feet, your head held high, your back straight, then raise your body to an upright position, while counting slowly out loud from 1 to 10.
4. Repeat the exercise on the right side of your body.



Shoulders — inner range

1. Kneel with your knees over one pair of traction ropes.
2. Grasp the exterior rope only with both hands, your palms facing downwards.
3. Raise your forearms until the back of your hand touches your chin, while counting slowly out loud from 1 to 10.
4. Note: When performing isotonically, complete the movement by stretching your arms straight down so they touch the Bullworker.



Shoulders and upper back

1. Kneel with one handle of the Bullworker nestled against the front of your knee.
2. Maintaining your body in a straight line from your shoulders to your knees, grasp one outer rope in each hand.
3. Pull outward on the ropes, while counting slowly out loud from 1 to 10.



Shoulders — inner range

1. Stand with your feet about 12" (30 cm) apart.
2. Grasp the two grips, palms facing upwards and hold the Bullworker behind your head.
3. Take a deep breath and push the grips together, while counting slowly out loud from 1 to 10.



Shoulders — outer range

1. This is a fantastic exercise for the outer shoulder muscles (deltoids).
2. Stand with your feet about 12" (30 cm) apart.
3. Take a deep breath and push the handles inward, while counting slowly out loud from 1 to 10.



Side stomach muscles — upper range

1. Kneel with one handle of the Bullworker resting against the front of your left knee.
2. Cradle both hands over the other handle, your arms stretched out straight.
3. Keep your abdomen facing forward; do not twist your trunk towards the right.
4. Pull your stomach in and push down on the handle, while counting slowly out loud from 1 to 10.
5. Repeat the exercise on the right side of your body. Perform the movement so you feel the exertion in your side stomach muscles rather than in your shoulders.



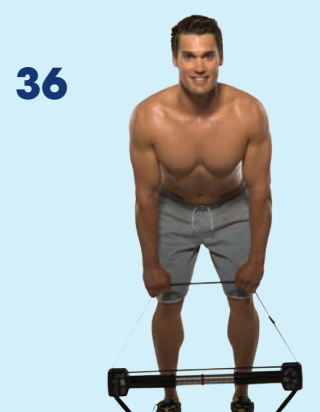
Side stomach muscles — lower range

1. Kneel with one handle of the Bullworker resting against the side of your knee.
2. Grasp two traction ropes in each hand, your arms stretched out straight.
3. Keep your abdomen facing forward; do not twist your trunk toward the right.
4. Take a deep breath, pull in your stomach and push down on the ropes, while counting slowly out loud from 1 to 10.
5. Perform the movement slowly; do not jerk down on the ropes.
6. Repeat on the other side.



Front stomach

1. Sit on the edge of a chair with one handle of the Bullworker resting on your right knee.
2. Grasp two traction ropes in each hand and hold the Bullworker in a vertical position.
3. Take a deep breath, pull in your stomach and lift your right leg pushing up against the Bullworker with your knee, while counting slowly out loud from 1 to 10.
4. Use your arms only to hold the Bullworker; all effort should be exerted with your knee.
5. Repeat on the left side.



Lower back

1. Step on one pair of traction ropes, your feet spaced about 12" (30 cm) apart.
2. Grasp one traction rope, with both hands, hands facing inward.
3. Take a deep breath and pull in your stomach and push outward on the back of your feet, your head held high, your back straight, then raise your body to an upright position, while counting slowly out loud from 1 to 10.
4. Keep your hands in front of your legs throughout the exercise and concentrate on performing the exercise, so that you feel the maximum effect in your lower back.



Lower back

1. Sit on the floor with your feet through both ropes on the side of the Bullworker.
2. Grasp one (or both) traction ropes with both hands facing downwards.
3. Stretch backwards with your weight poised forward on the ball of your feet, your head held high, your back straight, then raise your body to an upright position, while counting slowly out loud from 1 to 10.



Upper back

1. Start with your weight poised on your left foot and your left hand holding one handle of the Bullworker on top of your left thigh.
2. Grasp the other handle with your right hand, leaning forward from the waist, your left arm fully extended.
3. Take a deep breath, pull in your stomach and push down with your left hand, while counting slowly out loud from 1 to 10.
4. Repeat the exercise on the other side of your body.



Legs

1. Lie down on your back, your knees arched upward, your feet close together.
2. Position one pair of traction ropes outside each knee, the Bullworker nestled between your knees.
3. Push outward with your knees, while counting slowly out loud from 1 to 10.



Legs

1. Sit on a chair so that our legs form a 90° angle (if the chair is a little low, use a cushion, if a little high, raise your heels off the ground).
2. Slip one pair of ropes over each knee and move your knees far enough apart to maintain the Bullworker in a stable position.
3. Pull in your stomach and push outward with your knees, the more effective the higher you raise your legs, the more effective the out loud from 1 to 10.



Buttlocks

1. Lie on your back, your legs on the floor, with both feet over one pair of traction ropes.
2. Grasp the other pair of ropes near the centre with both hands.
3. Pull in your stomach and lift your legs off the ground, while counting slowly out loud from 1 to 10, then lower your legs back down to the floor. The higher you raise your legs