

# Bullworker - 3 Exercise Chart

**HOW TO GET THE MOST OUT OF YOUR BULLWORKER**  
 The Bullworker is a unique piece of fitness equipment that provides a full-body workout. To get the most out of your Bullworker, it's important to use it correctly. This chart provides a step-by-step guide to the most effective exercises you can do with your Bullworker. Each exercise is illustrated with a photo and a brief description of the movement. The exercises are organized by body part: Chest, Arms, Mid Section, Back, Thighs & Calves, and Shoulders. Each exercise includes a numbered list of instructions and a recommended number of repetitions. The Bullworker is a versatile piece of equipment that can be used in a variety of ways. This chart provides a comprehensive guide to the most effective exercises you can do with your Bullworker. Each exercise is illustrated with a photo and a brief description of the movement. The exercises are organized by body part: Chest, Arms, Mid Section, Back, Thighs & Calves, and Shoulders. Each exercise includes a numbered list of instructions and a recommended number of repetitions. The Bullworker is a versatile piece of equipment that can be used in a variety of ways. This chart provides a comprehensive guide to the most effective exercises you can do with your Bullworker.

**CHEST**



1. The introductory exercise to your Bullworker involves a standing chest exercise. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



2. Again, perform your chest exercise for 10 seconds for the first set. For the second set, hold the Bullworker by the handles with both hands at waist level. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

**ARMS**



3. Hold the Bullworker vertically with one hand on the top handle and the other on the bottom handle. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



4. Hold the Bullworker vertically with one hand on the top handle and the other on the bottom handle. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



5. Hold a standing position with the Bullworker held vertically. The bottom handle holds against the front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



6. Hold the Bullworker vertically with one hand on the top handle and the other on the bottom handle. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



7. Hold the Bullworker vertically with one hand on the top handle and the other on the bottom handle. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

**SHOULDERS**



8. In a standing position, hold the Bullworker with both hands above your head. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



9. Another effective way to use your Bullworker involves a shoulder exercise. Hold the Bullworker with both hands above your head. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



10. The Bullworker is a versatile piece of fitness equipment that provides a full-body workout. To get the most out of your Bullworker, it's important to use it correctly. This chart provides a step-by-step guide to the most effective exercises you can do with your Bullworker. Each exercise is illustrated with a photo and a brief description of the movement. The exercises are organized by body part: Chest, Arms, Mid Section, Back, Thighs & Calves, and Shoulders. Each exercise includes a numbered list of instructions and a recommended number of repetitions. The Bullworker is a versatile piece of equipment that can be used in a variety of ways. This chart provides a comprehensive guide to the most effective exercises you can do with your Bullworker.

**MID SECTION**



11. This exercise is done in a standing position. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



12. Hold a sitting position. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



13. In a sitting position, hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



14. In a sitting position, hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

**BACK**



15. Stand on the back handles of the Bullworker. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



16. Another effective way to use your Bullworker involves a back exercise. Stand on the back handles of the Bullworker. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



17. A unique way to use your Bullworker involves a thigh and calf exercise. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



18. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



19. Another effective way to use your Bullworker involves a thigh and calf exercise. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

**THIGHS & CALVES**



20. This is a unique leg exercise that uses the Bullworker. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



21. Sit on the Bullworker. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



22. Sit on the Bullworker. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



23. Again, perform the thigh and calf exercise with the Bullworker. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.



24. Sit on the Bullworker. Hold the Bullworker with both hands in front of your chest. Pull the handles toward your chest, squeezing the Bullworker against your chest. Hold for 10 seconds, then release. Repeat for 10 repetitions, resting 10 seconds between sets.

# Bullworker Exercise Guide

**Yijin Wang**



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