









Bullworker intense record chart. Phase 1 (4 weeks).

2 X Static reps @ 5 – 10 second hold. **Add one static rep each week for 4 weeks**

 <p>1</p>	Date										
	Hold										
	Reps -sets										
	Power										
 <p>Hold the Bully as shown. 45° in front and slightly bend arms. Lock the arm and squeeze the Bully using the upper chest muscles. Hold for count.</p> <p>This hits the upper pecs, biceps and delts.</p>	Hold										
	Reps										
	Power										
	Hold										
	Reps										
	Power L R										
 <p>18</p> <p>Begin by slightly bending your upper arm, lock it in this position then compress down using you upper back muscles.</p>	Hold										
	Reps										
	Power L R										
 <p>X5 Hold both straps & keep elbows up.</p>	Hold										
	Reps										
	Power										
 <p>5c Hold one end of the Bow against your upper thigh. Leaning forward, compress the Bow with your upper hand. H&C10. Release slowly. Repeat other side.</p>	Hold										
	Reps										
	Power L R										

