
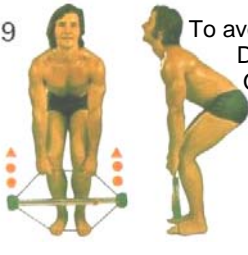
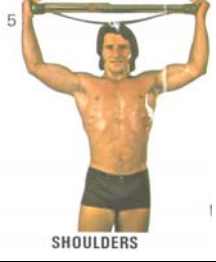







Bullworker intense record chart. Phase 1 (4 weeks).

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

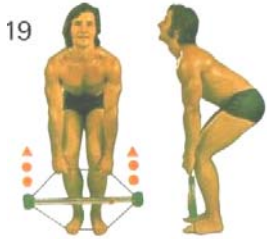
| | | | | | | | | | | | | | | | | | | | | |
|--|--|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|  | <p>Bend over keeping your back flat and parallel to the floor. Hold the Bullworker as shown and pull to the waist with the left arm. Hold at maximum contraction. Repeat with the left arm. Do Not twist the body. I like to use opposing hands and feet. Hold with left foot, pull with right hand.</p> | Date | | | | | | | | | | | | | | | | | | |
| | | Hold | | | | | | | | | | | | | | | | | | |
| | | Reps | | | | | | | | | | | | | | | | | | |
| | | Power | | | | | | | | | | | | | | | | | | |
| | | L | | | | | | | | | | | | | | | | | | |
| | | R | | | | | | | | | | | | | | | | | | |
| <p>19</p>  | <p>To avoid possible injury DO NOT "Max out" On this movement 70% of full force is fine.</p> | Hold | | | | | | | | | | | | | | | | | | |
| | | Reps | | | | | | | | | | | | | | | | | | |
| | | Power | | | | | | | | | | | | | | | | | | |
| <p>* 5</p>  <p>SHOULDERS</p> | <p>Keep the arms above the head and back. Don't let the Bullworker move forwards.</p> | Hold | | | | | | | | | | | | | | | | | | |
| | | Reps | | | | | | | | | | | | | | | | | | |
| | | Power | | | | | | | | | | | | | | | | | | |
| <p>*</p>  | <p>Hold only the outer cables as shown, keeping the elbows high pull the arms back as if moving into a crucifix position. Hold.</p> | Hold | | | | | | | | | | | | | | | | | | |
| | | Reps | | | | | | | | | | | | | | | | | | |
| | | Power | | | | | | | | | | | | | | | | | | |
|  | <p>Hold bullworker as shown in photo. Then raise the right arm up and out to the side. Hold at maximum contraction. Repeat with the left arm. Note; With the X5 hold both straps at the waist and only the one outer strap in the "raising" hand.</p> | Hold | | | | | | | | | | | | | | | | | | |
| | | Reps | | | | | | | | | | | | | | | | | | |
| | | Power | | | | | | | | | | | | | | | | | | |
| | | L | | | | | | | | | | | | | | | | | | |
| | | R | | | | | | | | | | | | | | | | | | |
|  | | Hold | | | | | | | | | | | | | | | | | | |
| | | Reps | | | | | | | | | | | | | | | | | | |
| | | Power | | | | | | | | | | | | | | | | | | |
| | | L | | | | | | | | | | | | | | | | | | |
| | | R | | | | | | | | | | | | | | | | | | |





Bend over keeping your back flat and parallel to the floor. Hold the Bullworker as shown and pull to the waist with the left arm. Hold at maximum contraction. Repeat with the right arm.

Do Not twist the body. I like to use opposing hands and feet. Hold with left foot, pull with right hand.

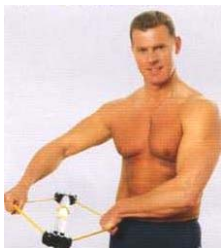


SHOULDERS

Keep the arms above the head and back. Don't let the Bullworker move forwards.



Hold only the outer cables as shown, keeping the elbows high pull the arms back as if moving into a crucifix position. Hold.



Hold bullworker as shown in photo. Then raise the right arm up and out to the side. Hold at maximum contraction. Repeat with the left arm. **Note;** With the X5 hold both straps at the waist and only the one outer strap in the "raising" hand.

