






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**

	Date																		
	Reps																		
	Power L R																		
	Hold																		
	Reps																		
	Power L R																		
 <p>Only on the X5</p>	Hold																		
	Reps																		
	Power L R																		
 <p>10</p> <p>Or</p>  <p>ash down</p> <p>is facing to the left</p> <p>elow chest with left</p> <p>both</p>	Hold																		
	Reps																		
	Power L R																		
 <p>9</p> <p>Best to use the stronger Steel bow 28 in this movement. However, any Bullworker model will work. Hold as shown and with both hand, press down. More than one rep may be required.</p>	Hold																		
	Reps																		
	Power																		
 <p>Important. Before starting, slightly bend the arms, lock them in position and compress the Bully by "crunching" the ab's. Pull the stomach in & tighten the butt hole throughout! I like to perform this movement with the Bully handle on the floor against my feet as shown!</p>	Hold																		
	Reps																		
	Power																		

