



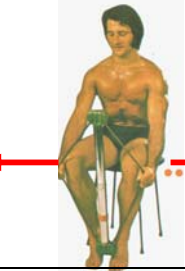
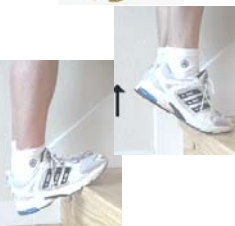




Bullworker intense record chart. Phase 1 (4 weeks).

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

 <p>Only on the X5</p>	Date																					
	Hold																					
	Reps																					
	Power																					
 <p>15</p>	Hold																					
	Reps																					
	Power L R																					
 <p>Squats: Do 20 reps for 2-3 sets. DO NOT bounce at the bottom!! Breathe in on the way down out on the way up. As with all exercises DO NOT hold your breath.</p>	Reps																					
	Reps																					
	Reps																					
 <p>24</p> <p>THIGHS</p>	Hold																					
	Reps																					
	Power																					
 <p>DO NOT use the arms to pull outwards. Only the outer hip muscles should be used, the arms are simply to help secure the straps/cables if required.</p>	Hold																					
	Reps																					
	Power																					
 <p>Do one leg at a time for 15 reps. Perform 2 – 3 sets if you feel like it. 2 seconds to lower and one second to push up. Hold at the top.</p>	Reps																					
	Reps																					
	Reps																					

