


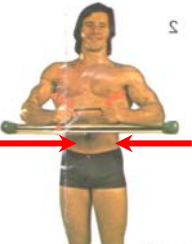

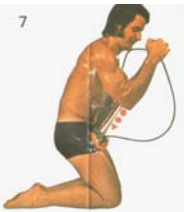
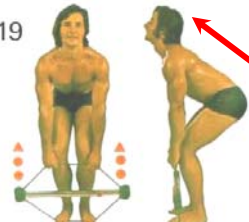




Bullworker intense record chart. Phase 2.

10 Reps = 9 X Smooth reps @ 75% power, 1 maximum contraction (100%) on the 10th rep for a 5 – 10 second hold

		Date											
 <p>1 Warm up. 15 reps at 50% effort Of each Exercise.</p> <p>CHEST, shoulders and arms</p> 	Hold												
	Reps												
	Power												
 <p>1 NOTE: Keep elbows high throughout this exercise. Don't just squeeze from the elbows, try to squeeze the arms together as if hugging a tree</p> <p>CHEST, shoulders and arms</p>	Hold												
	Reps												
	Power												
 <p>5 Remember to twist the hands as shown & then squeeze together. This will tone the chest & strengthen the upper forearm muscles.</p>	Hold												
	Reps												
	Power												
 <p>18 Hold as shown with arm very slightly bent and locked. Then squeeze the Bullworker whilst exhaling. Repeat with both arms.</p>	Hold												
	Reps												
	Power												
 <p>7 Use Steel Bow 28</p>	Hold												
	Reps												
	Power												
 <p>19 IMPORTANT Keep the back FLAT & the head up in this exercise. Do not strain or curve the back, doing so can cause injury</p>	Hold												
	Reps												
	Power												

