

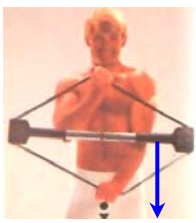
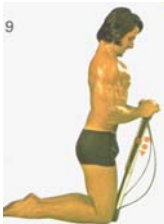

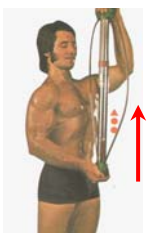




### Bullworker intense record chart. Phase 2.

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

 <p>This exercise is for the shoulders so make sure the Bullworker is directly over the head. You'll need to gently pull backwards. If the Bullworker travels forward it brings the chest into play.</p>	Date									
	Hold									
	Reps									
	Power									
	Hold									
	Reps									
	Power									
	Hold									
	Reps									
	Power									
 <p>Wearing workout gloves for this exercise can help a lot as by this stage you'll probably be sweating! Also swap the hands over each workout. Right on top one w/out and left on top the next etc. Use Steel Bow 28 for this IF POSS'.</p>	Hold									
	Reps									
	Power									
	Hold									
	Reps									
	Power									
	Hold									
	Reps									
	Power									

