

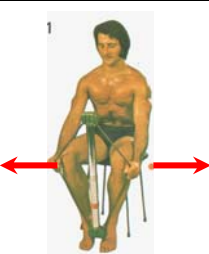

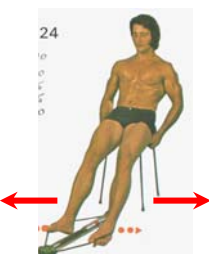





### Bullworker intense record chart. Phase 2.

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>With this exercise it is important that you slightly bend, then "LOCK" the arms, then you can curl the body to squeeze the Bullworker. Think of curling your breastbone into your navel. As always breathe out when squeezing.</p>	Date									
	Reps									
	Power									
	Hold									
	Reps									
	Power									
	Hold									
	Reps									
	Power									
 <p><b>Power Jumps</b> Start from the position shown &amp; jump as high as possible. DO NOT swing your arms as this brings momentum into play instead of muscular strength. Do 15 – 20 per set for 3 sets. <b>Do not</b> land with straight/locked knees OR on your heels!</p>	Reps									
	Reps									
	Reps									
 <p>This is a great exercise as it strengthens the often neglected ligaments on the outside of the knees. Great for martial arts!!</p>	Hold									
	Reps									
	Power									
	Reps									
	Reps									
	Reps									

