

WALL CHART

WARNING: To be successful in this program, you must follow the instructions carefully. Do not attempt to perform any exercise unless you have been properly instructed. If you are unsure of the proper technique, consult your instructor or a qualified fitness professional. Always use proper form and technique to avoid injury. Do not overexert yourself. Stop immediately if you feel pain or discomfort. Consult your doctor before starting any exercise program.



Powermeter progress chart

Instructions: Record the number of repetitions completed for each exercise. The chart is designed to track progress over time.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
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5							
6							
7							
8							
9							
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21							
22							
23							
24							

Instructions: Record the number of repetitions completed for each exercise. The chart is designed to track progress over time.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
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FIRST WEEK
Complete exercise 1 to 7 every day

SECOND WEEK
Complete exercise 1 to 7 every day and add three more exercises each day.



1 CHEST, shoulders and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



2 CHEST, shoulders and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



3 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



4 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



5 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



6 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



7 BACK

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



8 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



9 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



10 ARMS

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



11 SHOULDERS and arms

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12 SHOULDERS and arms

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13 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



14 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



15 SHOULDERS and arms

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



16 BACK

Stand with feet shoulder-width apart, holding the handles of the Bullworker in front of your chest. Pull the handles towards your chest, squeezing your shoulder blades together. Hold for 10 seconds. Repeat 10 times.



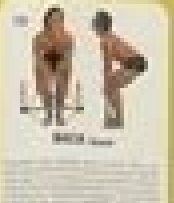
17 BACK

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