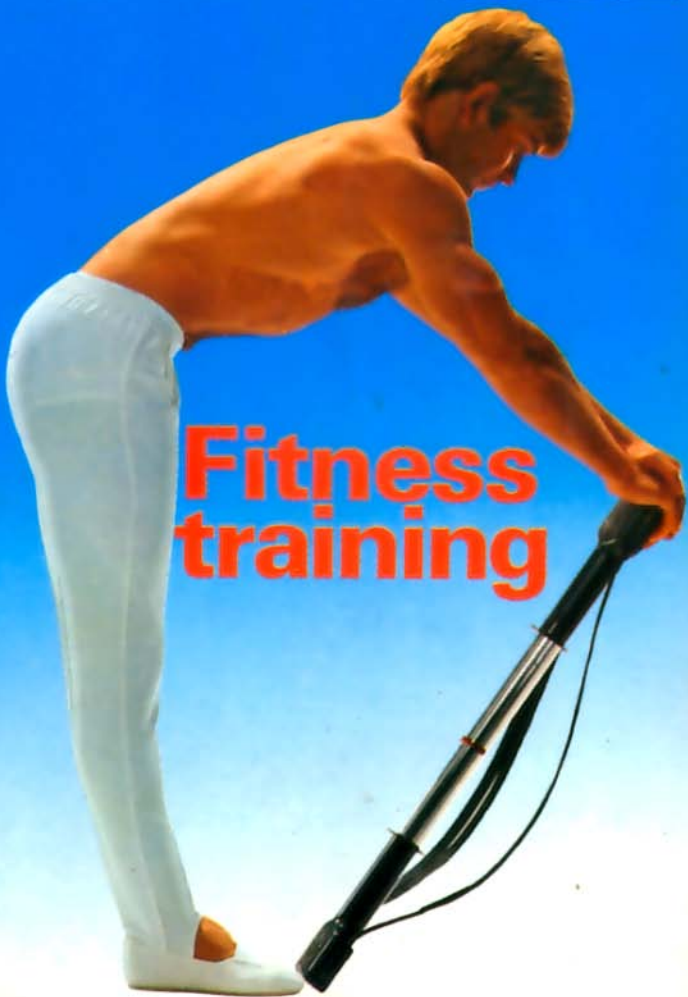


Bullworker®

FULL RANGE



Fitness
training

Bullworker® X5

high-impact thermal plastic telescoping handle

non-slip cylindrical grip

two wear-resistant webbed traction ropes

chrome-plated steel tube with recessed Power Meter scale

Power Meter gauge for measuring daily fitness gains

"illustrated fitness exercises, finger grooves on back."



The individual parts of the Bullworker are manufactured from high-quality wear-resistant materials. Each part is carefully inspected, fitted and assembled by hand. High grade steel and thermoplastic synthetics are the only materials employed. The built-in compressive steel springs are permanently set and will never slacken. Insulation of the moving parts assures low noise level operation. The Bullworker X5 is only about 3 feet (90 cm) long and weighs just 3 pounds (1.3 kilos) so it is easily portable. Each Bullworker is tested for perfect functioning before it is released for shipment.

POWER METER

The built-in Power Meter measures precisely and automatically your increase in strength, as you exercise. To determine your progress, simply check the reading attained after each exercise against your performance of the day before.

"We reserve the right to make from time to time such changes in the Bullworker X5 featured in this book as are deemed necessary to improve its appearance and functioning."

Printed in Italy

World-wide patents
© Registered trademark



Bullworker®

INTERNATIONAL

Over the past decade Bullworker has established a world-wide reputation as a fast, easy and effective home fitness trainer. More than five million Bullworkers have already been sold, over a million in the United States alone.

The Bullworker Fitness Training program has been translated into dozens of languages and enthusiastically recommended by fitness experts, champion athletes, coaches and fitness-conscious men the world around.

From the realization of the first prototype, inventor Gert F. Kölbel has constantly endeavored to improve the Bullworker in efficiency, durability and appearance. He has now engineered a major break-through in fitness training techniques: the full range Bullworker X5. Thanks to a combination of double traction ropes, telescoping handles and cylindrical grips, the contraction range of the new Bullworker has been expanded by 50% and the range of extension more than doubled. These improvements enable you to exercise more efficiently, add variety to your daily training program and benefit from a fitness workout tailor-made to your specific needs.

Requiring no more time or effort, the new full-range Bullworker X5 assures better fitness results than ever before.

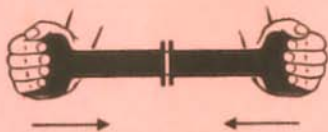
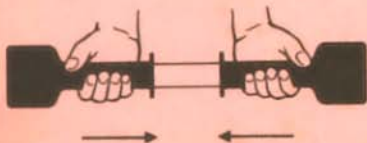
This book tells you how.



Full-range

To obtain optimum results in increasing muscular strength, mobility and size, your muscles must be exercised over their full range of movement. Some muscles move over a wide range (shoulders, forearms); for other muscles the range is intermediate (abdominals, biceps) to short (chest, inner thighs). Some muscles respond better to contraction exercise (shortening the muscles), others to extension exercise (lengthening the muscles). Many muscles benefit from a combination of both types of training. The new full-range Bullworker X5 covers the complete range of fitness exercise: from large, sweeping extension movements to tight-in contractions. Its patented combination of double traction ropes, telescoping handles and cylindrical grips enables you to perform in-depth training in five different movement ranges, shows you how to concentrate your efforts where they will do the most good.

*inner range contractions
from 15¼" to 0" (39 to 0 cm),
using the cylindrical grips*



*outer-range contractions
from 37" to 20" (94 to 51 cm),
using the telescoping handles*

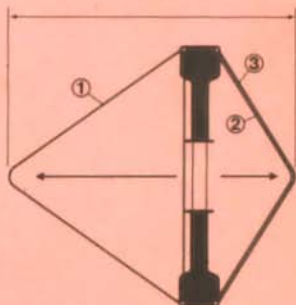
Bullworker X5



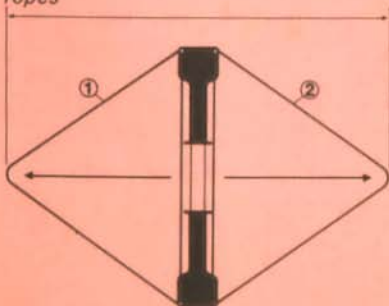
short-range extension up to 31" (80 cm), holding 4 traction ropes



middle-range extensions up to 43" (110 cm), holding three traction ropes



full-range extensions up to 55" (140 cm), holding two traction ropes



The fitness story

Getting into fitness is exciting business and the rewards come fast. After about 4-5 workouts (see the 6-exercise introductory training program described on page 18), most men experience an exhilarating sensation of renewed fitness that is a real turn-on: muscles springing back to life, a powerful charge of energy coursing through your veins making you feel stronger, dynamic, raring to go, 100% alive again.

The explanation is simple: even after years of neglect, the muscles of your body retain their ability to react positively and rapidly to exercise.

Within two or three weeks, many Bullworker customers begin noticing the first improvements in their body: an inch or two more muscle on arms, shoulders and chest, an inch or two less flab around the middle.

That is only the first chapter of the fitness story.

After about three weeks of no sweat, no strain Bullworker training, you will find yourself performing with ease the full daily fitness program: 26 exercises which constitute a complete fitness workout for all the major muscle groups of your body.

That's when the training starts paying truly impressive, long term dividends. Finish out the month (one more week of daily fitness training), then check your progress and set the additional goals you want to achieve:

Advanced fitness training. It's like compound interest. You pyramid your fitness gains into all kinds of extra dividends: increased endurance, more stamina, better coordination, greater agility. Many Bullworker users are ready to tackle the advanced fitness training program described on page 26—get into isotonic and coordinated muscle group exercise—before the first month of training is out.

Intensive training. Out to train your body to peak performance levels, make a breakthrough in whatever sport you're into, develop a lithe, muscular physique that exudes power and athletic grace? The program for you is described on page 56.



Specialized training. Some part of your body that needs building up or trimming down? One shoulder that's a little lower than the other? Legs that look skinny in comparison to your torso? Discomfort in your lower back after a big night? Chest expansion limited to 2 or 3 inches? A lack of muscle definition in your thighs, abdominals, pectorals? Neck and shoulders that tend to slouch forward when you sit for long periods- an occasional stiff neck? See the training recommended on page 58.

Maintenance training. Among the many advantages of Bullworker fitness training, the ease of maintenance training is perhaps foremost. With most sports and fitness training programs, once you start cutting back on the workouts your performance falls off rapidly, muscle tone degenerates, and before you know it you're back to zero. With Bullworker, on the contrary, one single workout per week enables you to maintain your gains indefinitely. See page 55.

Each of these training programs is designed to let you progress at your own personal pace. If you want to step-up the training rhythm or slow it down, the program tells you how.

What fitness is all about

Fitness means essentially using your body the way Nature intended. The name of the game is movement.

Watch a group of kids on a playground or even an infant in his crib. Stretching, pulling, pushing, bending, turning—the muscle play never stops.

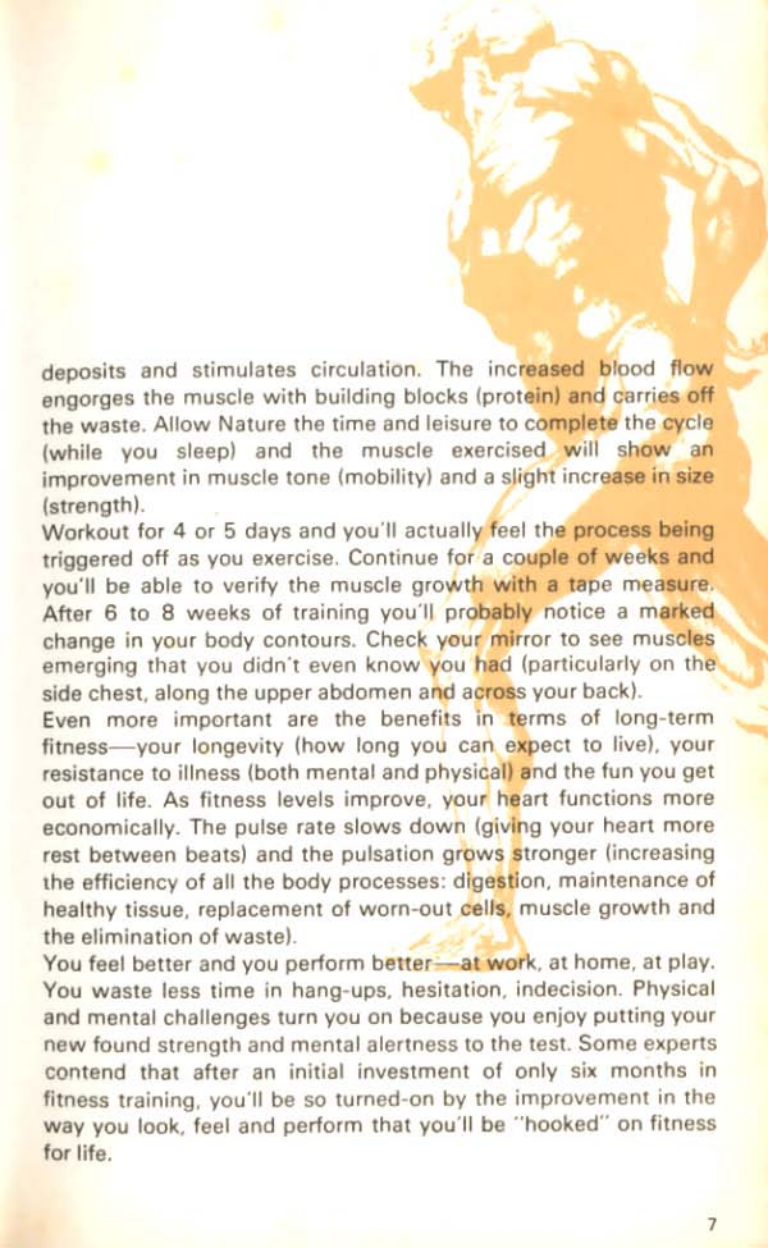
Most men maintain a fairly active movement cycle throughout their teens and into their early twenties, then they suddenly begin slowing down. Yet they continue eating (and drinking) the same amount—and often a little more.

Changes in body measurements are gradual at first: an extra couple of inches around the middle, a slackening of muscle tone which shows up as mild flabbiness inside the thighs, on the chest and lower back.

But under the skin a chain reaction has been fused that spells trouble. As fat deposits form around muscle, the range of muscle movement is restricted. This means it takes more of an effort to move, so we tend to move even less and more fat accumulates.

Unless this process is reversed through exercise, the muscles begin to atrophy—slowly waste away to the point where their strength level is nil.

The same phenomenon occurs when muscles are immobilized in a cast for even a few weeks. Muscle tone is lost, then resilience and strength. It was during a research project for testing muscle re-education techniques that the amazing effectiveness of isometric/isotonic exercise was first discovered (see page 12). Scientists found that even after prolonged periods of neglect, the loss of muscle tone is reversible. Use your muscles to perform the right kind of exercise and they can regain resilience, increase in strength and mobility faster than you'd ever have thought possible. The physiological process is a very simple one. Exercise (extension and contraction) of the muscle breaks down the inefficient fatty



deposits and stimulates circulation. The increased blood flow engorges the muscle with building blocks (protein) and carries off the waste. Allow Nature the time and leisure to complete the cycle (while you sleep) and the muscle exercised will show an improvement in muscle tone (mobility) and a slight increase in size (strength).

Workout for 4 or 5 days and you'll actually feel the process being triggered off as you exercise. Continue for a couple of weeks and you'll be able to verify the muscle growth with a tape measure. After 6 to 8 weeks of training you'll probably notice a marked change in your body contours. Check your mirror to see muscles emerging that you didn't even know you had (particularly on the side chest, along the upper abdomen and across your back).

Even more important are the benefits in terms of long-term fitness—your longevity (how long you can expect to live), your resistance to illness (both mental and physical) and the fun you get out of life. As fitness levels improve, your heart functions more economically. The pulse rate slows down (giving your heart more rest between beats) and the pulsation grows stronger (increasing the efficiency of all the body processes: digestion, maintenance of healthy tissue, replacement of worn-out cells, muscle growth and the elimination of waste).

You feel better and you perform better—at work, at home, at play. You waste less time in hang-ups, hesitation, indecision. Physical and mental challenges turn you on because you enjoy putting your new found strength and mental alertness to the test. Some experts contend that after an initial investment of only six months in fitness training, you'll be so turned-on by the improvement in the way you look, feel and perform that you'll be "hooked" on fitness for life.

Fitness and your age

There is no age limit for fitness. The only role your age plays is in setting the goals you can expect to achieve from fitness training.

Age 15 to mid-twenties

Most young men who eat an adequate diet and participate in some sports activity can expect their levels of fitness, strength and physical performance to increase steadily up through their early twenties and then level off. Even in these formative years, however, there is a vast disparity in fitness levels.

Young men who participate actively in sports or perform regular fitness training frequently attain levels of strength, coordination, stamina and muscular development far superior to their contemporaries. This gives them a lifetime headstart, since a high level of fitness once attained is relatively easy to maintain or regain. Even the athlete who has let himself slip a little can rapidly reverse the process.

Late-bloomers, young men who don't get involved in sports or fitness training until late in their teens or early twenties, can close the gap quickly. Their initial gains are often spectacular. By persevering with the training, the late starter can expect to progress faster than the young man who is already near his peak and, in time, come close to matching him in performance.

Your goal in this age group should be the coordinated development of all your major muscle groups. Avoid the temptation to concentrate on showy muscles or only those muscles which improve your performance in your favorite sport (your legs if you're into running or playing soccer; shoulders if tennis is your game, etc.). Compare the measurements on the right and left sides of your body. Many men are lopsided in their development. Now is the time to correct that tendency.

Once a high level of fitness is attained, most young men in general good health can, by performing a regular training program (fitness workout or sports and fitness combined), maintain peak levels of fitness (usually reached at around 25) for the next fifteen years.

Late twenties and thirties

Your body is fully matured now; your full physical capacities are at your disposal. The decision you make about fitness now will determine in large measure how long you retain your full physical potential and how fast you age. This is the age where you first notice that some of your contemporaries continue to look, act and perform like young men in their prime whereas others already show signs of growing old. In the next few years these differences will become even more pronounced.

If you were really fit a few years back, you should have no trouble in rapidly matching that level.

Allow two to three weeks to make the breakthrough. After that the sky's the limit. Within a month or so you should already be surpassing your fitness level of a few years back; after three months of training you can expect your body to be better developed than ever before—stronger and very close to your younger level of stamina. Thereafter, a moderate workout a couple of times a week should enable you to maintain your performance well into your early forties. Even if you've never been particularly athletic, you can still expect to attain a respectable level of fitness if you start now. Your progress in the first few weeks is likely to be spectacular. You may decide that these initial results are sufficient; maintaining them will be easy. With perseverance, however, continuing to train at your own pace over several months you can expect to match and even outclass the star performers of yesteryear.

Your goal in this age group should be to increase your level of all-round fitness and maintain your full physical powers well into your early forties.



Over 40

At sometime around age 40, our physical capacities start to decline. No doctor will argue with that statement; no scientist has yet found a way to reverse the aging process. But there is one sure-fire method of slowing it down: maintaining a good level of fitness.

No one is surprised today to see men in their fifties, sixties (and older) with strong, athletic physiques and performance levels that many men years younger would have trouble matching.

Research studies have proved that with adequate attention to fitness, performance levels of the 40-year-old can be maintained well into the sixties. The goal in this age group is to maintain a 40-year-old fitness level.

If you've been keeping fit all your life, you know how it's done: regular, moderate, "complete" exercise. If you still have the chance to participate in an active sport, so much the better. If not, complete your fitness program with daily respiratory exercise (see page 15).

If you were fit when you were younger, get back into the habit of exercising regularly. No need to go all out: moderate, regular training is the key to long-term, permanent improvement. No sweat, no strain, no forcing.

After 2-3 weeks of Bullworker fitness training you'll already feel younger and peppier than you have in years. Continue training for a couple of months and then take stock of your progress. Training thereafter once or twice a week will enable you to maintain your results well into your sixties. Train more frequently and you will continue making improvement, as well.

If you've never made much of an effort to keep yourself in shape, it is not too late to start now. You should have no difficulty in performing the introductory training described on page 18. If the recommendations for the second and third weeks set a faster pace than you find comfortable, add the new exercises one by one when you're ready. Try to train every day, concentrating on the circulation training. Increasing your breathing capacity means added stamina and more energy. It may take you a little longer to attain the level of fitness you want, but each additional week you train will bring a marked improvement.

No matter what your age, just a few minutes a day of Bullworker fitness training can help you attain and maintain a higher level of fitness, and this, in turn, means keeping you stronger, more powerful and virile, years after your contemporaries have become "old men".

Sport and fitness

When adults talk about sports participation, the list is generally limited to bowling, golf, squash, tennis, swimming and jogging. All are good for you, but in most cases give only limited rewards in fitness.

Bowling can improve coordination, but does little to increase muscle tone or build stamina. The benefits you get from playing golf depend a lot on how you play the game. If you carry your clubs and walk at a brisk pace, you get the plus of respiratory exercise. Tennis and squash are good for increasing agility, building endurance and improving the muscle tone of your legs, shoulders and arms. Swimming has a lot going for it provided you really swim (it's pitting your muscles against the resistance of the water that provides the benefits) either daily, or for a longer period twice a week. Jogging is great circulatory exercise with an important long term benefit: your body reacts to the effort by building an extra reserve of corpuscles which you can draw on as your original supply diminishes with aging. Neither swimming nor jogging, however, will improve the muscle tone of many of your major muscle groups nor increase flexibility (range of muscle movement). An ideal program is one which combines the benefits of exercise and sports. Bullworker fitness training increases muscular strength and flexibility. This means better sports performance. When your game improves, when you run or swim better, you put more into the sport and the rewards you reap increase proportionately.

SOME SENSIBLE ADVICE:

– If you have not had a check-up recently—or if you have a health problem—you should check with your family doctor before engaging in any program of exercise or strenuous

sports activity.

– If at any time while exercising or participating in sports you experience chest pain, stop the activity, rest and inform your family doctor.

Isometrics: maximum muscle growth in 7 seconds a day

Even prehistoric man observed that muscles grow in size and strength with use, but it was not until the turn of the century that scientists began to enquire into the how and the why of the process. In 1887 Professor Morpurgo discovered in experiments conducted at the University of Siena, Italy, that increases in the strength and size of muscles result from the growth of existing muscles rather than from the formation of new muscles.

In 1905 W. Roux postulated the basis of the theory (later refined and documented by scientific observation) on which all systems of exercise are based, the "overload theory": muscles grow only when exerted with greater than normal intensity.

The most significant breakthrough in our time resulted from a series of more than 200 experiments conducted over a ten year period by Drs. E. A. Müller and Th. Hettinger in the Max Planck Institute in Dortmund, Germany: the discovery that maximum muscle growth can be attained by exerting 60% of existing muscle strength against a superior resistance for just 7 seconds once a day. This remarkable exercise technique is called isometrics (where the exercise is performed throughout the range of muscle movement, it is called isotonic; see instructions on page 57). These experiments documented the fact that isometric exercise increases strength by up to 4% per week (a few of the subjects tested even averaged gains of 5% per week). Optimum results are attained with 5 workouts per week, but even a single weekly workout is sufficient to maintain the improvements attained.

Professor James A. Baley put isometrics to the test with a class of college students at the University of Connecticut. The isometric training group improved **three times faster** than the sports training group on tests measuring increases in strength, endurance, coordination and agility.

The first isometric training equipment was cumbersome, complicated to operate and prohibitive in cost. A number of rudimentary isometric training devices have been offered to the general



Gert F. Kölbl, inventor of the Bullworker.

public: rollers, oversized clothespins, rope pulleys and the like, but their effectiveness was, at best, limited to a few muscles.

It remained for inventor Gert F. Kölbl to develop an isometric trainer which could be used for both contraction and extension movements, with a range of use covering all of the major muscle groups, which was light in weight, compact in size and which could be produced at a cost fitness-conscious men could afford to pay.

The first Bullworker was introduced in Germany in 1963 to the unanimous acclaim of athletes, coaches, sports doctors and physiotherapists. (The German Olympic team was the first to prove its effectiveness in improving sports performance.) The rest is history. Bullworker has become synonymous the world around with fitness training. More than five million have already been sold. Over the years, Gert F. Kölbl has continued to improve both the exerciser itself and the training program. The Full-range Bullworker X5 described in this booklet is the end product of more than 15 years of research and testing.



Better breathing

Most of us have become pretty sloppy about the way we breathe. We use only part of our lung capacity and cheat our bodies on oxygen intake. If you let yourself fall into the habit of sitting with your shoulders slouched forward and your gut bulging out, your chest capacity is so restricted that you can only breathe in short, rapid, inefficient breaths. If you smoke as well, chances are your lungs have forgotten the tingling sensation that follows a deep intake of oxygen.

Lung power tends to decline at the rate of about 1% a year from age 20 on. But men who exercise regularly retain greater lung power than those who don't. Tests conducted on a group of middle-aged men who performed endurance exercise three times a week over a ten year period showed that they were able to reverse this symptom of the aging process: instead of declining, their lung power actually increased by 18% on the average.

Try this simple breathing exercise. Stand, bending forward from the waist with your hands hanging down in front of your knees. Now inhale slowly and deeply as you raise your torso upright, shoulders well back, chest held high. Then slowly exhale, expelling the stale air right down to the last puff. Unless you're in pretty good shape, you will probably feel slightly "high" from the oxygen intake.

Slowly inhale and exhale as you perform each exercise in the training program. Slowly inhale and exhale whenever you feel fatigue, nervous tension or anxiety.

As your level of fitness improves, slower, deeper breathing which feeds more oxygen into your lungs and bloodstream will become automatic and natural for you.

Your fitness diet

We all have to eat to provide the energy we expend in normal daily activity: tissue growth, breathing and heartbeat to keep our bodies functioning plus muscle activity for work and play. The goal of fitness nutrition is to provide a balanced diet containing adequate amounts of proteins, vitamins and minerals together with a caloric content which is equal to—but not in excess of—our energy output.

Recent research indicates that getting into fitness tends to normalize hunger, diminishing the desire to overeat in people who are overweight, while stimulating the appetites of underweight people.

A good fitness diet should include plenty of protein foods (meat, fish, poultry, eggs, milk, cheese, hard vegetables like kidney beans and lentils), a daily intake of salad and vegetables (raw or lightly cooked), fruit or fruit juice and some roughage (like bran). For extra energy rely on natural starches (like potatoes and cereals) rather than sugary foods or packaged products. Drink plenty of water (2 to 3 pints a day). Cut way back on alcoholic beverages. They have practically no nutritional value, they make you fat, they reduce gastric secretion and irritate your stomach.



Putting it all together

After only a few Bullworker workouts you will already feel your body's grateful reaction to the training. Within two or three weeks many users begin noticing the physical changes in their bodies as well. Improved muscle tone, greater strength, better circulation, a healthier-looking appearance. Continued training will accentuate these results and add important gains in endurance, agility and coordination as well.

But only you can put it all together.

When, a few days from now, you feel that first exhilarating surge of new energy, cash in on it by making a firm commitment to improve your fitness life-style: eat a better diet; cut down on smoking and drinking; fix a regular daily routine for mealtimes, exercise and sleep; get more sports activity, even if it only involves walking short distances rather than taking the car.

As your muscles strengthen and grow, get in the habit of sitting and standing with your shoulders back, your chest held high. When you walk, swing your arms a little, lengthen your step, pull in your stomach so that your hips pivot slightly thus using those toned-up calf, rear-thigh, buttock and abdominal muscles. Then begin speeding up the pace. Walk up and down stairs whenever you get the chance, then begin taking them two at a time. Try some new kind of sports activity. Snorkeling, scuba diving or wind-surfing if you like water sports. Squash, table tennis, handball, cross country skiing, jogging or walking-jogging. All of these are sports you can have a lot of fun with even as a beginner.

Once you get it all together you'll find your whole life-style changing: more interest, spice, variety and fun in everything you do. That is pretty heady stuff, but get into fitness and you'll see how fast it happens.

Introductory training

Five easy-to-follow tips to assure maximum results fast.

1. Take your measurements now before performing even the first exercise. You are going to be amazed by the changes in your body in the next few weeks, and we want you to have the proof in writing. Write in your present measurements on the chart, page 27.
2. During the next five days perform the circulation exercise shown opposite, plus the six basic exercises only. Do not jump the gun. The key to maximum success is to start out slowly, to improve the quality of your performance every day and to train regularly.
3. Perform each exercise **exactly** as described and illustrated. (Train the first few times in front of a mirror, if convenient.) Concentrate on performing each exercise so you feel the effect on the muscle group specified. **DO NOT STRAIN:** 60% to 70% of your present strength is all it takes to achieve maximum results. If your arms or legs tremble that means you are forcing too hard.
4. Do not rush the training. Check the timing of each hold with a watch with a second hand. Apply the pressure for a full 7 seconds.
5. Perform these basic exercises once each day for 5 or 6 days in a row. You should train every day, preferably at the same time of day. Any time is fine, except that you should not train right after eating a big meal.

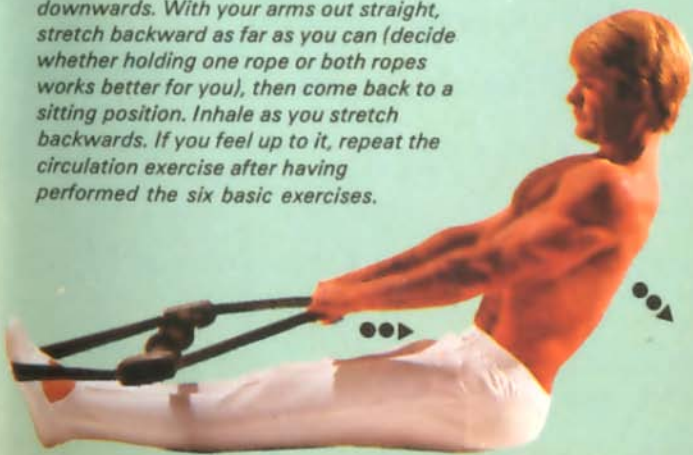
After performing each exercise, write in the Power Meter reading on the chart, then move the red marker back to the starting position. Not all of your muscles will increase at the same rate, but by the end of the second week you can probably expect to have achieved an average strength increase of around 10%, perhaps even more.

Circulation training

Perform a warm-up exercise at the beginning of each training session. To obtain maximum circulation benefits, perform the exercise briskly and continue until your heart beat is up around 120 beats per minute (you can check your pulse rate against a watch with a second hand: 20 or so beats per 10 seconds is about right). This will probably take 20 to 30 repeats at the outset, a few more as your level of fitness improves.

Training day	1	2	3	4	5	6	7	8	9	10
Exercise 1										
Exercise 2										
Exercise 3										
Exercise 4										
Exercise 5										
Exercise 6										

Sit on the floor with your feet through both ropes on the far side of the Bullworker. With both hands, grasp one (or both) traction ropes, hands facing downwards. With your arms out straight, stretch backward as far as you can (decide whether holding one rope or both ropes works better for you), then come back to a sitting position. Inhale as you stretch backwards. If you feel up to it, repeat the circulation exercise after having performed the six basic exercises.



1-Upper arms (and forearms)



Stand with your weight forward on your right foot. Grasp the upper cylindrical grip with your left hand, palm facing outward, and the lower cylindrical grip with your right hand, palm facing inward, at waist height. Take a deep breath and push upward with your right hand while counting slowly out loud from 1 to 10.

Repeat the exercise with your left hand (left foot forward, right hand on upper grip, left hand pushing upward on lower grip).

(See **page 65** for isotonic instructions)

2 - Shoulders (and upper back)



Step on one outer rope with one foot (either foot). With both hands, grasp the outer rope on the other side of the Bullworker, palms facing downward. Stand up straight. Take a deep breath, pull in your stomach and with your elbows bent, pull the rope upward along your body with your forearms, while counting slowly out loud from 1 to 10.

(See **page 70** for isotonic instructions)

3 - Legs



Sit down and insert your feet between the tube of the Bullworker and the traction ropes. Sitting well back in a chair, extend your legs out in front of you. Take a deep breath, pull in your stomach and push outward with your feet while counting slowly out loud from 1 to 10.

(See **page 90** for isotonic instructions)

4 - Back



Sit on the edge of a chair with one handle of the Bullworker resting on your knee (either knee). Grasp one of the outer ropes in each hand. Take a deep breath, pull your stomach in and pull down and outwards on the ropes while counting slowly out loud from 1 to 10.

Practise this movement until you feel the exertion in your back.

(See **page 83** for isotonic instructions)

5 - Abdominals (and chest, legs)

Starting position



End position



Kneel on the floor with one handle of the Bullworker resting against the front of your knees. Lean forward and grasp one outer rope only in each hand. Take a deep breath, pull your stomach in and pull the ropes toward you while counting slowly out loud from 1 to 10. If the Bullworker restricts the full range of movement, flip it over so that the opposite handle rests against your knees.

Perform this movement so you feel the exertion in your abdominals not your shoulders.

(See **page 76** for isotonic instructions)

6 - Chest



Stand with your feet about 12" (30 cm) apart. Grasp both handles, with your left arm fully extended, and your right hand positioned in front of the right side of your chest. Take a deep breath and push inward with your right hand while counting slowly out loud from 1 to 10.

Repeat the exercise with your left hand positioned in front of the left side of your chest.

(See **page 60** for isotonic instructions)

Daily fitness training

A "week of training" consists of 5 workouts during a 7 day period. If you miss a day or two during the week, make it up on the weekend. If you do not train for 3 days in a row, start the training week over again from the beginning.

Second and third weeks of training

During the next two weeks, continue performing a warm-up (circulation) exercise (see page 48 for choice) plus the 6 basic exercises and add 2 new exercises to your workout every day. The first day you should perform 8 exercises (the 6 basic exercises plus the 2 new ones), the second day you should increase to 10 exercises, and so on. The new exercises are designed to be performed in pairs, so add 2 at a time, rather than 1 or 3. (If this pace tires you, add 2 new exercises whenever you feel ready to tackle them.) After each training workout, repeat the circulation exercise twice, resting between performances until your pulse beat drops back down to normal.

Fourth week of training

You should be performing a warm-up exercise, the 26 daily fitness exercises plus two repeats of the circulation exercise. Continue performing this program for one week, then take your measurements. Amazed that such an easy program could produce positive results so fast? Believe us, that's just the beginning. The next month or two of training can bring results which will really astound you.

Advanced training: fifth week and thereafter

Beginning about the fifth week of training, your level of fitness should be high enough for you to put on some steam if you want to (see Intensive training, page 56) or concentrate on specific muscle groups (see Specialized training, page 58) or considerably raise your general fitness performance, as explained below. Even the best training program performed in the same manner for more than a month becomes automatic and boring. Make an effort to modify your workout every few weeks by substituting alternate exercises and performing some of the exercises isotonicly.

The daily training program consists of 6 basic exercises plus 10 pairs of exercises. There are alternatives described for 7 of these pairs on the following pages. Follow the standard program for a couple of weeks, then switch to the alternatives, then train by performing a mixture of the standard and alternative exercises.

Isotonic training builds endurance in addition to strength. All Bullworker exercises can be performed isototonically, but the most effective are those which involve a good range of movement: Nos. 2-5, 8, 13-21, 24-26 and nearly all of the alternative exercises.

To exercise isototonically, slowly exert the effort and slowly relax the pressure six times, maintaining the exertion for 7 seconds on the last repeat only. Vary your program by performing a half dozen of the exercises isototonically for a couple of weeks (continue to perform the others in the normal isometric manner), then perform six different exercises isototonically for the next two weeks, etc.

Training cycles

When you first tackle Bullworker fitness training, you should continue to train daily for at least two months, and preferably three. (If you want to persevere with daily training for a longer period, so much the better.) After your initial training cycle, cut back to maintenance training for a month or so (see page 55), before starting to train daily again. It is up to you to work out your own personal schedule, but an effective yearly training plan should probably include a period of daily training during the Winter, in the late Spring and after Summer with maintenance training in between.

Personal progress chart

All measurements are in circumference: the distance around your shoulders at the widest part, around your biceps (flexed), around your chest (inflated), etc. Men come in all shapes and sizes, but some indications are valid for most of us. Your chest (inflated) should measure more than your hips. Your biceps should be as big as your calves and both should be pretty close to your neck measurement. Your thighs should measure about 50% more than your calves.

	Neck	Shoulder	Chest	Biceps	Waist	Thighs	Calves
Before training							
After 2 weeks							
After 4 weeks							
After 2 months							
After 3 months							

7 - Chest (and forearms)



Stand with your feet about 12" (30 cm) apart. Grasp the two handles and position the Bullworker at hip level, an inch or two (3-5 cm) in front of your body. Take a deep breath and push inward on the two handles while counting slowly out loud from 1 to 10. At the outset, you will hardly be able to move the handles at all. This is unimportant. You are contracting your lower chest muscles, which is the aim of the exercise.

As your muscles become stronger, you will find the exercise progressively easier to perform. To increase the effectiveness, hold the Bullworker progressively further away from your body (but always at hip level) until you are performing the exercise with your arms fully extended.

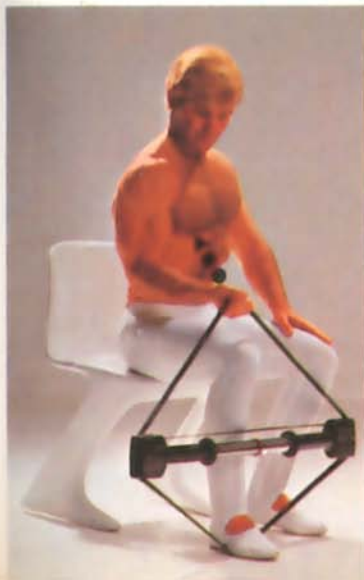
(See **page 61** for isotonic instructions)

8 - Upper arms (and forearms)

Stand with your feet on top of one of the exterior traction ropes. Grasp the exterior rope on the other side of the Bullworker near the center with both hands, palms facing upward and stand up. Take a deep breath and pull up with your forearms while counting slowly out loud from 1 to 10.

Your upper arms should remain stationary during the exercise.

(See **page 66** for isotonic instructions)



Alternative

Sit on the edge of a chair with your right foot over one pair of traction ropes. Grasp one rope only near the center with your right hand. Pull up on the rope while counting slowly out loud from 1 to 10.

Move only your forearm; your upper arm should not move.

Perform the exercise on the left side of your body.

(See **page 68** for isotonic instructions)

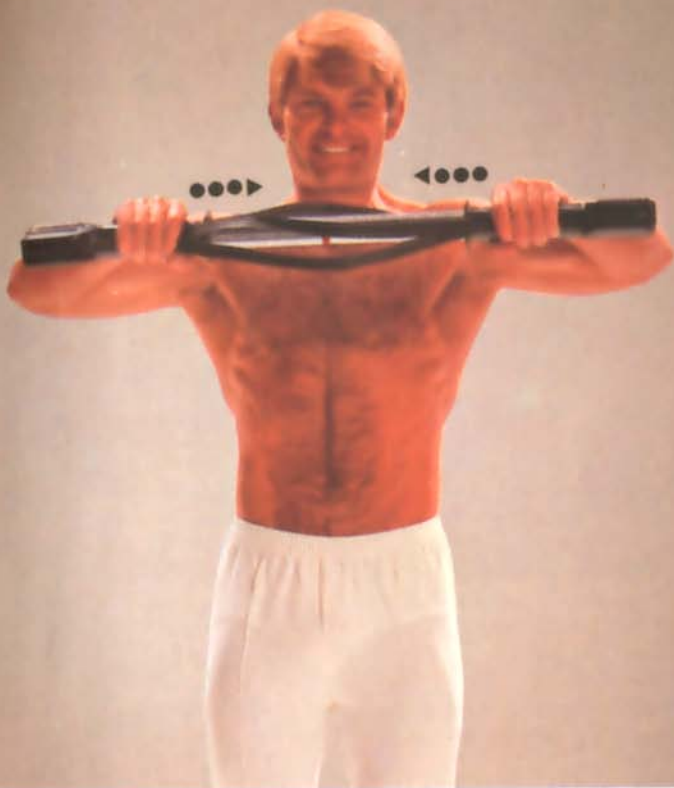
9 - Chest



Stand with your feet about 12" (30 cm) apart. Grasp the two handles and position the Bullworker at chest level. Take a deep breath and push inward with both hands while counting slowly out loud from 1 to 10.

(See **page 61** for isotonic instructions)

10 - Chest (and forearms)



Stand with your feet about 12" (30 cm) apart. Grasp the Bullworker by the inner grips, fingers facing downward, and position it at shoulder height. Take a deep breath and slide the two grips toward each other while counting slowly out loud from 1 to 10.

(See **page 62** for isotonic instructions)

11-Back



Stand with your feet about 12" (30 cm) apart. Grasp both handles and position the Bullworker behind you, arms held straight. Take a deep breath, pull your stomach in and press the two handles together while counting slowly out loud from 1 to 10.

At the outset, you may not be able to move the handles at all. This is unimportant, provided you feel the effect of the exercise in your upper back.

(See **page 83** for isotonic instructions)

12 - Back (and shoulders)

Stand with your feet about 12" (30 cm) apart. With each hand grasp one traction rope, your hands facing inward. With your arms at shoulder height, hold the Bullworker in a vertical position. Take a deep breath and pull outward on the ropes while counting slowly out loud from 1 to 10.

(See page 84 for isotonic instructions)



Alternative

Stand with your weight poised on your left foot and your left hand holding one handle of the Bullworker on top of your left thigh. Leaning forward from the waist, grasp the other handle with your right hand, your right arm fully extended. Take a deep breath, pull in your stomach and push down with your right hand while counting slowly out loud from 1 to 10.

Repeat the exercise on the other side of your body.

(See page 86 for isotonic instructions) 33

13 - Back (and shoulders)



Stand with your feet about 12" (30 cm) apart. With each hand grasp two traction ropes near the center, your hands facing inward, and position your arms at shoulder level. Take a deep breath and pull outward on the ropes while counting slowly out loud from 1 to 10.

(See **page 84** for isotonic instructions)

14- Back (and shoulders)

Stand with your feet about 12" (30 cm) apart. Grasp two traction ropes near the center with one hand and one traction rope near the center with the other hand, your hands facing inward. (It is immaterial which hand holds two ropes and which hand only one). With your arms positioned at shoulder height take a deep breath and pull outward on the ropes while counting slowly out loud from 1 to 10.

(See page 85 for isotonic instructions)



Alternative

Step on one pair of traction ropes, your feet spaced about 12" (30 cm) apart. Grasp one traction rope with both hands, hands facing inward. Take a deep breath and with your weight poised forward on the balls of your feet, your head held high, your back straight raise your body to an upright position while counting slowly out loud from 1 to 10. Keep your hands in front of your legs throughout the exercise. Perform the exercise so you feel the exertion in your lower back.

(See page 87 for isotonic instructions)

15 - Abdominals



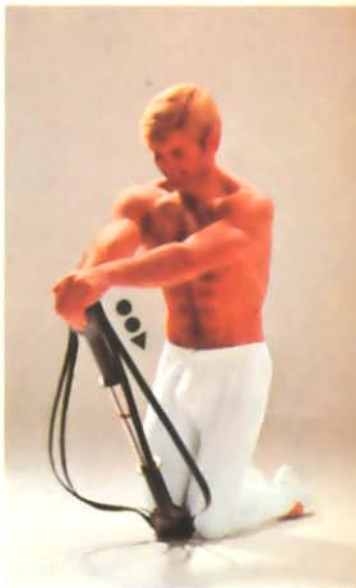
Stand with your heels together, one handle of the Bullworker held securely between your feet. Resting both hands on the upper handle, bend forward from the waist. Take a deep breath, pull in your stomach and press down on the Bullworker while counting slowly out loud from 1 to 10. Keep your legs, back and arms straight so that you feel the exertion in your abdominals, not in your shoulders.

(See **page 77** for isotonic instructions)

16 - Abdominals

Kneel on the floor with one handle of the Bullworker resting against the front of your knees. Grasp the other handle of the Bullworker with both hands, your arms stretched out straight. Take a deep breath, pull in your stomach and press down on the Bullworker while counting slowly out loud from 1 to 10. Keep your arms and back straight and concentrate on exerting the effort with your abdominals.

(See **page 77** for isotonic instructions)



Alternative

Sit on the edge of a chair with one handle of the Bullworker resting on your right knee. Grasp two traction ropes in each hand and hold the Bullworker in a vertical position. Take a deep breath, pull in your stomach and lift your right leg pushing up against the Bullworker with your knee while counting slowly out loud from 1 to 10. Use your arms only to hold the Bullworker in position; exert the effort with your knee. Repeat the movement on the left side of your body.

(See **page 81** for isotonic instructions)

17 - Abdominals



Kneel on the floor, sitting back on your heels, with one handle of the Bullworker resting against the front of your knees. Grasp the upper cylindrical grip with both hands, your hands facing inward. Take a deep breath, pull in your stomach and press down on the Bullworker while counting slowly out loud from 1 to 10.

Keep your arms and back straight and concentrate on exerting the effort with your abdominal muscles.

(See **page 78** for isotonic instructions)

18 - Abdominals

Sit on the floor with one handle of the Bullworker nestled between your ankles. With each hand grasp two ropes near the top of the Bullworker, fingers facing downwards, your arms held straight out. Take a deep breath, pull your stomach in and push down on the ropes while counting slowly out loud from 1 to 10.

Perform the movement slowly; do not jerk down on the ropes. This exercise accentuates the cords of muscle which sheathe your front and side stomach.

With intensive training you will see the relief of an old-fashioned washboard developing just below the surface of your skin.

(See **page 78** for isotonic instructions)



Alternative

Kneel with one handle of the Bullworker resting against the side of your right knee. Grasp two traction ropes in each hand, your arms stretched out straight. Keep your abdomen facing forward; do not twist your trunk toward the right. Take a deep breath, pull your stomach in and push down on the ropes while counting slowly out loud from 1 to 10.

Perform the movement slowly; do not jerk down on the ropes. Repeat the movement on the left side of your body.

(See **page 79** for isotonic instructions)



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