

# **BULLWORKER**

**Redefining Fitness®**

S I N C E 1 9 6 2



**BOW CLASSIC®**



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# CONGRATULATIONS ON CHOOSING BULLWORKER TO ACCOMPLISH YOUR FITNESS GOALS

**Our Mission:** Make fitness simple and improve quality of life.

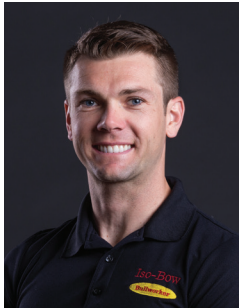
Since 1962, Bullworker has been a leader in functional strength exercise resulting in stronger bodies with greater flexibility for a healthier and more active lifestyle.

We believe you need flexibility, strength, and cardio exercises to be healthy and physically fit. Bullworker products quickly give you all three with low impact and convenient product(s).

Start to experience the benefits of Bullworker training by choosing one or a combination of our fitness disciplines and get ready for a rapid transformation to your body.

Thank you for choosing Bullworker!

Cheers,  
John & Chrisman Hughes



# THE SCIENCE BEHIND BULLWORKER

The most significant breakthrough in fitness came when Dr. E.A. Muller and Dr. Th. Hettinger discovered maximum muscle growth can be attained by exerting 60% of existing muscle strength against a superior resistance for only 7 seconds once a day; a remarkable fitness technique known as isometrics. The study at the Max Planck Institute consisted of over 200 experiments over a ten-year period. Optimum results are attained with 5 workouts per week, but impressively, even one single weekly workout is sufficient to maintain your improvements attained.

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

Bullworker pioneered portable home fitness devices and the 7-second isometric exercise for the fastest strength gains using both contraction and extension movements involving range of motion for enhancing all your major muscle groups.

Isometric exercise techniques are still the fastest method for increasing strength known to modern exercise science.

Start a Bullworker program, stay with it, and enjoy the benefits:  
Be stronger, look better, & feel great.



# PROPER USE

1. Always start routines slow, easing into the amount of effort put forth.
2. The slower you move, the more muscle fibers you engage for better results.
3. Focus on Dynamic Flexation, slow purposeful movement with engaged muscles.
4. Concentrate on your muscles being used. The slower the better, you cannot go too slow.
5. Always maintain steady breathing, never hold your breath.
6. Always keep your core tight.
7. Rest each muscle group after heavy exercise for a minimum of 24 hours before engaging in heavy exercise again.
8. Optimum Bullworker Isometric Holds only require 60% - 80% of maximum effort for 7-10 seconds.
9. Spring Change – Grip thin steel tube and release tension of your Bow Classic. Twist handle off, release slowly, and change spring. Repeat in reverse order. \*Ensure your Bow Classic is secure and pointed away from harm. [www.bullworker.com/spring-change/](http://www.bullworker.com/spring-change/)
10. Stretching before and after help recovery and enhance your range of motion. See your Iso-Bow and Iso-Core Bow Extensions.
11. Keep joints in natural position during exercise. If pain develops, stop, proper exercise is not painful.

# ROUTINE VARIATIONS

Choose one or a combination for your desired results.

## **ISOMETRICS** (STRENGTH BUILDING)

- Static hold of 7 – 10 seconds using 60% – 80% of maximum effort.

## **ISOTONICS** (MUSCLE DEFINITION)

- Exercise involving eccentric and concentric contractions.

## **ISO-MOTION®** (MOVEMENT PERFORMANCE)

- Maintain your isometric hold while moving through your body's natural full range of motion.

## **ENDURANCE** (MUSCLE STAMINA)

- Slow and deliberate compression and release with high repetition.

## **RESILIENCY** (CARDIO AND MUSCLE RECOVERY)

- Rapid compression and release with high repetition.

## **MAINTENANCE** (PRESERVE CURRENT FITNESS LEVEL)

- One set of isometric and isotonic combination for each muscle group, 1 time per week.

## **FOUNDATIONAL STRENGTH** (1 SET)

- Target duration (15-30 minutes).

## **MUSCLE ENHANCEMENT** (2 SETS)

- Target duration (30-45 minutes).

## **PEAK PERFORMANCE** (3 SETS)

- Target duration (45-60 minutes).

## **KEY TO WEIGHT LOSS IS REDUCING DAILY CALORIE INTAKE**

- Eliminate 2nd servings.
- Healthier selection.

# LIABILITY WAIVER/DISCLAIMER

Please review the following User Agreement carefully before using your Bullworker products.

Bullworker is not a licensed medical care provider and does not give medical advice.

You should always consult with your physician to ensure you are in good physical condition before starting any exercise program.

Use product only as shown.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Bullworker from any and all claims or causes of action, known or unknown.



# BOW CLASSIC POWER ROUTINE

Choose your exercise variation from page 7 and perform the following exercises consecutively.

- 1. Chest Compression** Reference page 14
- 2. Cable Spread** Reference page 10
- 3. Lower Chest Compression** Reference page 14
- 4. Archer (Both Sides)** Reference page 10
- 5. Chest Compression (Upper)** Reference page 14
- 6. Overhead Cable Spread** Reference page 12
- 7. Reverse Grip Chest Compression** Reference page 15
- 8. Lat Pull Down (Both Sides)** Reference page 10
- 9. Deadlift** Reference page 20
- 10. Deltoid Cable Spread (Both Sides)** Reference page 13
- 11. One Leg Press (Both Sides)** Reference page 20
- 12. Upright Row** Reference page 11
- 13. Seated Deadlift** Reference page 13
- 14. Hip Abduction** Reference page 21
- 15. Hip Adduction** Reference page 21
- 16. Calf Extension (Both Sides)** Reference page 20
- 17. Seated Hip Flexor Cable Spread (Both Sides)** Reference page 21
- 18. Triceps Extension (Both Sides)** Reference page 19
- 19. Biceps Curl (Both Sides)** Reference page 17
- 20. Resisted Crunch** Reference page 22

# BACK & SHOULDERS



## CABLE SPREAD

**Muscles Engaged:** Upper Back and Posterior Deltoids

- Ensure hand grips are placed in the middle of the cables
- Keeping your elbows parallel to the ground spread both cables evenly



## ARCHER (BOTH SIDES)

**Muscles Engaged:** Upper Back

- Ensure hand grips are placed in the middle of the cables and elbows are parallel to the ground
- Extend one arm and spread cable using opposite arm



## LAT PULL DOWN (BOTH SIDES)

**Muscles Engaged:** Lats and Back

- Ensure hand grip is placed securely on your upper thigh
- In a straight motion pull down



## SEATED LAT PUSH DOWN

**Muscles Engaged:** Lats and Back

- Place Bow Classic securely on non-slip pad with arms extended
- Press down

# BACK & SHOULDERS



## SHOULDER COMPRESSION (BEHIND HEAD)

**Muscles Engaged:** Shoulders and Upper Back

- Ensure elbows are horizontal/parallel to the ground
- Compress



## BEHIND BACK COMPRESSION (LOWER)

**Muscles Engaged:** Lats, Upper Back, and Shoulders

- Hold Bow Classic parallel to the ground and compress

*\*Variation: On the edge of a seat, hold Bow Classic underneath legs*



## UPRIGHT ROW

**Muscles Engaged:** Shoulders and Upper Back

- Place foot securely on bottom cable and center upper cable grips
- Pull upper cable using your back and shoulders



## BENT ROW (BOTH SIDES)

**Muscles Engaged:** Mid Back

- Place foot securely on bottom cable and center upper cable grip
- Pull upper cable using your back

# BACK & SHOULDERS



## KNEELING UPRIGHT ROW

**Muscles Engaged:** Upper Back and Shoulders

- Place knees securely on bottom cable and center upper cable grips
- Pull upper cable using your back and shoulders



## BACK ROW (LYING DOWN)

**Muscles Engaged:** Middle Back  
Place feet securely in cables  
• Keeping legs still, row cable towards chest

*\*Do not exceed maximum compression*



## REVERSE GRIP ROW

**Muscles Engaged:** Middle Back

- Place feet or foot securely in cable
- Keeping legs still using reverse grip, row towards chest

*\*Do not exceed maximum compression*



## CABLE SPREAD (OVER HEAD)

**Muscles Engaged:** Shoulders and Upper Back

- Ensure hand grips are placed in the middle of the cables
- Spread your Bow Classic over head

# BACK & SHOULDERS



## DELTOID CABLE SPREAD (BOTH SIDES)

**Muscles Engaged:** Deltoid / Shoulder

- Ensure hand grips are placed in the middle of the cables
- Spread your Bow Classic using above hand



## DELTOID CABLE SPREAD (LOWER - BOTH SIDES)

**Muscles Engaged:** Deltoid / Shoulder

- Ensure hand grips are placed in the middle of the cables
- Spread your Bow Classic at or below waist using above hand



## SEATED DEADLIFT

**Muscles Engaged:** Lower Back

- Place both feet securely through bottom cable, do not lock your knees, keep your back straight, and spread the cables using your back

*\*Do not exceed maximum compression*

# CHEST



## CHEST COMPRESSION

**Muscles Engaged:** Chest and Shoulders

- Ensure elbows are parallel to the ground
- Compress your Bow Classic



## CHEST COMPRESSION (LOWER)

**Muscles Engaged:** Chest and Shoulders

- Compress your Bow Classic at or below your waist



## CHEST COMPRESSION (UPPER)

**Muscles Engaged:** Chest and Shoulders

- Compress your Bow Classic at or above shoulder height



## SIDE CHEST COMPRESSION (BOTH SIDES)

**Muscles Engaged:** Chest, Shoulders, and Triceps

- Extend one arm fully and compress your Bow Classic with your opposite arm

# CHEST



## REVERSE GRIP CHEST COMPRESSION

**Muscles Engaged:** Chest and Shoulders

- Compress your Bow Classic using an underhand grip of the tubes at chest height



## INSIDE GRIP CHEST COMPRESSION

**Muscles Engaged:** Chest and Shoulders

- Compress your Bow Classic using an overhand grip of the tubes at chest height



## REVERSE GRIP CHEST COMPRESSION (LOWER)

**Muscles Engaged:** Lower Chest and Shoulders

- Compress your Bow Classic using an underhand grip of the tubes at or below waist height



## INSIDE GRIP CHEST COMPRESSION (LOWER)

**Muscles Engaged:** Lower Chest and Shoulders

- Compress your Bow Classic using an overhand grip of the tubes at or below waist height

# CHEST



## REVERSE GRIP CHEST COMPRESSION (UPPER)

**Muscles Engaged:** Upper Chest and Shoulders

- Compress your Bow Classic using an underhand grip of the tubes at or above shoulder height



## INSIDE GRIP CHEST COMPRESSION (UPPER)

**Muscles Engaged:** Upper Chest and Shoulders

- Compress your Bow Classic using an overhand grip of the tubes at or above shoulder height



# BICEPS



## HAMMER BICEPS CURL (BOTH SIDES)

**Muscles Engaged:** Biceps

- Grip lower tube
- Keep upper arm still and curl upwards only bending at the elbow



## BICEPS CURL (BOTH SIDES)

**Muscles Engaged:** Biceps

- Keep upper arm still and curl upwards only bending at the elbow



## CONCENTRATION BICEPS CURL (BOTH SIDES)

**Muscles Engaged:** Biceps

- Place foot securely in cable
- Curl bending only at the elbow



## BICEPS CABLE CURL (KNEELING)

**Muscles Engaged:** Biceps

- Curl upwards only bending at the elbow

# BICEPS



## **BICEPS CABLE CURL (BOTH SIDES)**

**Muscles Engaged:** Biceps

- Keep bottom arm still and curl upwards only bending at the elbow



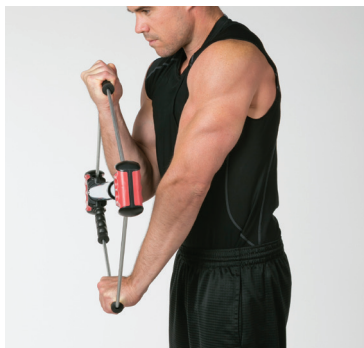
# TRICEPS



## TRICEPS CABLE PUSH DOWN

**Muscles Engaged:** Triceps

- Bending only at your elbow, keep your back straight push both cables down
- Ensure secure Bullworker placement using your non-slip pad



## TRICEPS PUSH DOWN (BOTH SIDES)

**Muscles Engaged:** Triceps

- Ensure hand grips are placed in the middle of the cables
- Bending only at your elbow, push underneath cable down



## TRICEPS EXTENSION (BOTH SIDES)

**Muscles Engaged:** Triceps

- Ensure hand grips are placed in the middle of the cables
- Bending only at your elbow, extend cable out

# LEGS



## DEADLIFT

**Muscles Engaged:** Lower Back, Quadriceps, Glutes, & Hamstrings

- Place both feet securely on bottom cable, bend knees, keep your back straight, and spread cables in a squatting manner

*\*Do not exceed maximum compression*



## ONE LEG PRESS (BOTH SIDES)

**Muscles Engaged:** Quadriceps, Glutes, and Hamstrings

- Place foot securely in cable
- Keeping arms still, press with your leg

*\*Do not exceed maximum compression*



## DEADLIFT (GROUND)

**Muscles Engaged:** Lower Back, Quadriceps, Glutes, & Hamstrings

- Place both feet securely on bottom cable, bend knees slightly, keep your back straight, and rise using lower back

*\*Do not exceed maximum compression*



## CALF EXTENSION (BOTH SIDES)

**Muscles Engaged:** Calves

- Place foot securely through cable
- Point toes

*\*Ensure toe is always pointed to keep cable secure*

# LEGS



## HIP ABDUCTION

**Muscles Engaged:** Outside Hips and Thighs

- Place both cables securely on outside of knees
- Spread your legs



## HIP ABDUCTION (LYING DOWN)

**Muscles Engaged:** Outside Hips and Thighs

- Place both cables securely on outside of knees
- Spread your legs



## SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)

**Muscles Engaged:** Hip Flexor and Lower Abs

- Place both feet securely in cables
- Raise top leg



## HIP ADDUCTION

**Muscles Engaged:** Inside Hips, Thighs, and Groin

- Place both forearms securely inside of knees
- Compress your legs



## PLANK CRUNCH

**Muscles Engaged:** Abs and Lower Back

- Placing the Bow Classic in front of you knees perform a crunch (keeping arms straight)



## RESISTED CRUNCH

**Muscles Engaged:** Abs and Lower Back

- Placing the Bow Classic on your nonslip pad in front of you knees perform a crunch (keeping arms straight)



## UPRIGHT RESISTED CRUNCH (BOTH SIDES)

**Muscles Engaged:** Abs and Lower Back

- Placing the Bow Classic on you non-slip pad away from your body perform a crunch (keeping arms straight)



## SEATED LOWER AB RAISE (BOTH SIDES)

**Muscles Engaged:** Lower Abs and Hip Flexor

- Place non slip pad on knee
- Holding cables securely raise your knee keeping your arms in place

# 90 DAY TRANSFORMATION

**BULLWORKER 90 DAY TRANSFORMATION** is designed as a progressive exercise program to strengthen your muscles, improve your range of motion, and burn calories to help tone your body.

This routine uses a combination of isometric and isotonic exercises. Start with an isometric hold for 7 seconds at 60% - 80% of your maximum effort followed with 10 isotonic repetitions.

**Week 1** you will perform one set of each exercise

**Weeks 2 – 13** Complete both routines "A" and "B" twice (2 times) for a total of four (4) days of exercise each week. Alternate between "A" and "B" to allow proper recovery time for your muscles.



# MEASUREMENTS

## BEFORE

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 1

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 4

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 7

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## AFTER WEEK 10

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_

## FINAL RESULTS

WAIST \_\_\_\_\_

BICEPS \_\_\_\_\_

TRICEPS \_\_\_\_\_

CHEST \_\_\_\_\_

WEIGHT \_\_\_\_\_



## WEEK 1

3 days with a rest day in between each day



### 1. CHEST COMPRESSION

Refer to page 14



### 2. CABLE SPREAD

Refer to page 10



### 3. DEADLIFT

Refer to page 20



### 4. CHEST COMPRESSION (UPPER)

Refer to page 14

7-second isometric hold (60%-80% of maximum effort)  
followed by 10 repetitions.



### 5. TRICEPS PUSH DOWN (BOTH SIDES)

Refer to page 19



### 6. BICEPS CABLE CURL (BOTH SIDES)

Refer to page 18



### 7. RESISTED CRUNCH

Refer to page 22

## **WEEKS 2-4**

### **FOUNDATIONAL STRENGTH - 1 SET**

**Target duration (15-30 minutes)**

### **MUSCLE ENHANCEMENT - 2 SETS**

**Target duration (30-45 minutes)**

### **PEAK PERFORMANCE - 3 SETS**

**Target duration (45-60 minutes)**

7-second isometric hold  
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

**Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.**

## WEEKS 2-4

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, TRICEPS, LEGS, ABS



#### 1. CHEST COMPRESSION

Refer to page 14



#### 2. CHEST COMPRESSION (LOWER)

Refer to page 14



#### 3. CHEST COMPRESSION (UPPER)

Refer to page 14



#### 4. REVERSE GRIP CHEST COMPRESSION

Refer to page 15

7-second isometric hold (60%-80% of max effort) followed by 10 reps.

## **A** CHEST, TRICEPS, LEGS, ABS



### **5. CABLE SPREAD (OVER HEAD)**

Refer to page 12



### **6. DELTOID CABLE SPREAD (BOTH SIDES)**

Refer to page 13



### **7. TRICEPS PUSH DOWN (BOTH SIDES)**

Refer to page 19



### **8. TRICEPS CABLE PUSH DOWN**

Refer to page 19

## WEEKS 2-4

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, TRICEPS, LEGS, ABS



#### 9. RESISTED CRUNCH

Refer to page 22



#### 10. PLANK CRUNCH

Refer to page 22

7-second isometric hold (60%-80% of max effort) followed by 10 reps.

## **B** BACK, LEGS, BICEPS



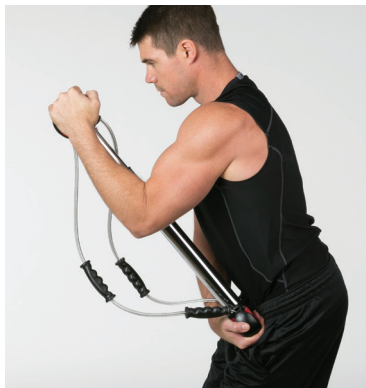
### **1. CABLE SPREAD**

Refer to page 10



### **2. ARCHER (BOTH SIDES)**

Refer to page 10



### **3. LAT PULL DOWN (BOTH SIDES)**

Refer to page 10



### **4. SHOULDER COMPRESSION (BEHIND HEAD)**

Refer to page 11

## WEEKS 2-4

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### B BACK, LEGS, BICEPS



#### 5. SEATED LAT PUSH DOWN

Refer to page 10



#### 6. BICEPS CABLE CURL (BOTH SIDES)

Refer to page 18



#### 7. HAMMER BICEPS CURL (BOTH SIDES)

Refer to page 17



#### 8. SEATED DEADLIFT

Refer to page 13



7-second isometric hold (60%-80% of max effort) followed by 10 reps.

## **B** BACK, LEGS, BICEPS



### **9. HIP ABDUCTION**

Refer to page 21



### **10. HIP ADDUCTION**

Refer to page 21



### **11. CALF EXTENSION (BOTH SIDES)**

Refer to page 20

## **WEEKS 5-7**

### **FOUNDATIONAL STRENGTH - 1 SET**

**Target duration (15-30 minutes)**

### **MUSCLE ENHANCEMENT - 2 SETS**

**Target duration (30-45 minutes)**

### **PEAK PERFORMANCE - 3 SETS**

**Target duration (45-60 minutes)**

7-second isometric hold  
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

**Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.**

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## A CHEST, SHOULDERS, TRICEPS, ABS



### 1. CHEST COMPRESSION

Refer to page 14



### 2. CHEST COMPRESSION (LOWER)

Refer to page 14



### 3. CHEST COMPRESSION (UPPER)

Refer to page 14



### 4. SIDE CHEST COMPRESSION (BOTH SIDES)

Refer to page 14

## WEEKS 5-7

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, SHOULDERS, TRICEPS, ABS



#### 5. REVERSE GRIP CHEST COMPRESSION

Refer to page 15



#### 6. REVERSE GRIP CHEST COMPRESSION (LOWER)

Refer to page 15



#### 7. REVERSE GRIP CHEST COMPRESSION (UPPER)

Refer to page 16



#### 8. DELTOID CABLE SPREAD (BOTH SIDES)

Refer to page 13

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

**A** CHEST, SHOULDERS, TRICEPS, ABS



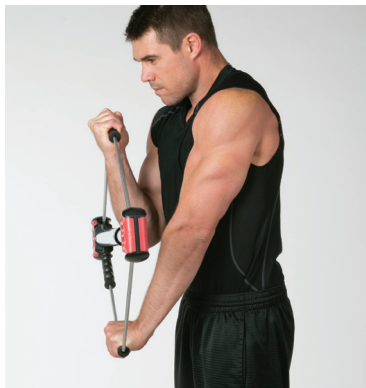
**9. DELTOID CABLE SPREAD  
(LOWER - BOTH SIDES)**

Refer to page 13



**10. CABLE SPREAD  
(OVER HEAD)**

Refer to page 12



**11. TRICEPS PUSH DOWN  
(BOTH SIDES)**

Refer to page 19



**12. TRICEPS CABLE PUSH  
DOWN**

Refer to page 19

## WEEKS 5-7

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, SHOULDERS, TRICEPS, ABS



#### 13. RESISTED CRUNCH

Refer to page 22



#### 14. PLANK CRUNCH

Refer to page 22

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## **B** BACK, LEGS, BICEPS



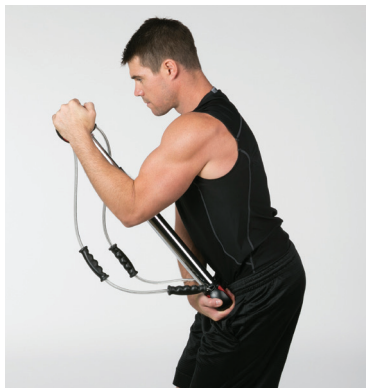
### **1. CABLE SPREAD**

Refer to page 10



### **2. ARCHER (BOTH SIDES)**

Refer to page 10



### **3. LAT PULL DOWN (BOTH SIDES)**

Refer to page 10



### **4. SHOULDER COMPRESSION (BEHIND HEAD)**

Refer to page 11

## WEEKS 5-7

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### B BACK, LEGS, BICEPS



#### 5. SEATED LAT PUSH DOWN

Refer to page 10



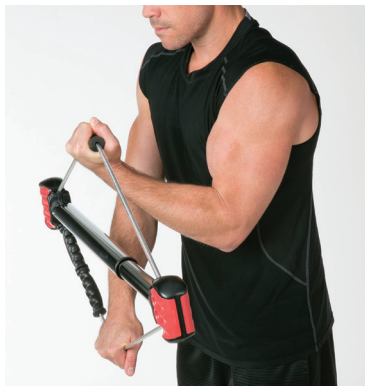
#### 6. DEADLIFT

Refer to page 20



#### 7. HAMMER BICEPS CURL (BOTH SIDES)

Refer to page 17



#### 8. BICEPS CABLE CURL (BOTH SIDES)

Refer to page 18



Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## **B** BACK, LEGS, BICEPS



### **9. BENT ROW (BOTH SIDES)**

Refer to page 11



### **10. HIP ABDUCTION**

Refer to page 21



### **11. HIP ADDUCTION**

Refer to page 21



### **12. CALF EXTENSION (BOTH SIDES)**

Refer to page 20

## **WEEKS 8-10**

### **FOUNDATIONAL STRENGTH - 1 SET**

**Target duration (15-30 minutes)**

### **MUSCLE ENHANCEMENT - 2 SETS**

**Target duration (30-45 minutes)**

### **PEAK PERFORMANCE - 3 SETS**

**Target duration (45-60 minutes)**

7-second isometric hold  
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

**Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.**

Isometric hold (60%–80% of maximum effort) followed by 10 repetitions.

## A CHEST, SHOULDERS, TRICEPS, ABS



### 1. CHEST COMPRESSION

Refer to page 14



### 2. CHEST COMPRESSION (LOWER)

Refer to page 14



### 3. CHEST COMPRESSION (UPPER)

Refer to page 14



### 4. SIDE CHEST COMPRESSION (BOTH SIDES)

Refer to page 14

## WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, SHOULDERS, TRICEPS, ABS



#### 5. REVERSE GRIP CHEST COMPRESSION

Refer to page 15



#### 6. INSIDE GRIP CHEST COMPRESSION

Refer to page 15



#### 7. REVERSE GRIP CHEST COMPRESSION (LOWER)

Refer to page 15



#### 8. INSIDE GRIP CHEST COMPRESSION (LOWER)

Refer to page 15

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## **A** CHEST, SHOULDERS, TRICEPS, ABS



### **9. REVERSE GRIP CHEST COMPRESSION (UPPER)**

Refer to page 16



### **10. INSIDE GRIP CHEST COMPRESSION (UPPER)**

Refer to page 16



### **11. DELTOID CABLE SPREAD (BOTH SIDES)**

Refer to page 13



### **12. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)**

Refer to page 13

## WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, SHOULDERS, TRICEPS, ABS



#### 13. CABLE SPREAD (OVER HEAD)

Refer to page 12



#### 14. TRICEPS PUSH DOWN (BOTH SIDES)

Refer to page 19



#### 15. TRICEPS CABLE PUSH DOWN

Refer to page 19



#### 16. SEATED LOWER AB RAISE (BOTH SIDES)

Refer to page 22

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## A CHEST, SHOULDERS, TRICEPS, ABS



### 17. RESISTED CRUNCH

Refer to page 22



### 18. PLANK CRUNCH

Refer to page 22

## WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### B BACK, LEGS, BICEPS



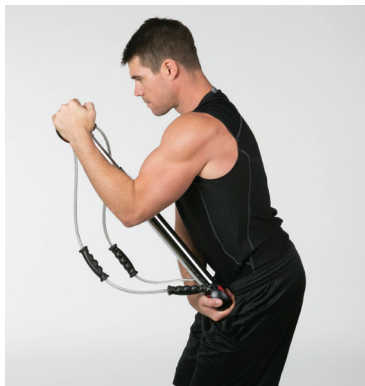
#### 1. CABLE SPREAD

Refer to page 10



#### 2. ARCHER (BOTH SIDES)

Refer to page 10



#### 3. LAT PULL DOWN (BOTH SIDES)

Refer to page 10



#### 4. SHOULDER COMPRESSION (BEHIND HEAD)

Refer to page 11



Isometric hold (60%–80% of maximum effort) followed by 10 repetitions.

## **B** BACK, LEGS, BICEPS



### **5. SEATED LAT PUSH DOWN**

Refer to page 10



### **6. DEADLIFT**

Refer to page 20



### **7. UPRIGHT ROW**

Refer to page 11



### **8. BICEPS CABLE CURL (BOTH SIDES)**

Refer to page 18

## WEEKS 8-10

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### B BACK, LEGS, BICEPS



#### 9. HAMMER BICEPS CURL (BOTH SIDES)

Refer to page 17



#### 10. BICEPS CURL (BOTH SIDES)

Refer to page 17



#### 11. BENT ROW (BOTH SIDES)

Refer to page 11



#### 12. HIP ABDUCTION

Refer to page 21

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## **B** BACK, LEGS, BICEPS



### **13. HIP ADDUCTION**

Refer to page 21



### **14. CALF EXTENSION (BOTH SIDES)**

Refer to page 20



### **15. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)**

Refer to page 21

## **WEEKS 11-13**

### **FOUNDATIONAL STRENGTH - 1 SET**

**Target duration (15-30 minutes)**

### **MUSCLE ENHANCEMENT - 2 SETS**

**Target duration (30-45 minutes)**

### **PEAK PERFORMANCE - 3 SETS**

**Target duration (45-60 minutes)**

7-second isometric hold  
(60%-80% of max effort) followed by 10 reps.

(Perform each exercise consecutively. Rest in between)

**Complete both routines “A” and “B” twice (2 times) for a total of four (4) days of exercise each week. Alternate between “A” and “B” to allow proper recovery time for your muscles.**

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## A CHEST, SHOULDERS, TRICEPS, ABS



### 1. CHEST COMPRESSION

Refer to page 14



### 2. CHEST COMPRESSION (LOWER)

Refer to page 14



### 3. CHEST COMPRESSION (UPPER)

Refer to page 14



### 4. SIDE CHEST COMPRESSION (BOTH SIDES)

Refer to page 14

## WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, SHOULDERS, TRICEPS, ABS



#### 5. REVERSE GRIP CHEST COMPRESSION

Refer to page 15



#### 6. INSIDE GRIP CHEST COMPRESSION

Refer to page 15



#### 7. REVERSE GRIP CHEST COMPRESSION (LOWER)

Refer to page 15



#### 8. INSIDE GRIP CHEST COMPRESSION (LOWER)

Refer to page 15

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

**A** CHEST, SHOULDERS, TRICEPS, ABS



**9. REVERSE GRIP CHEST COMPRESSION (UPPER)**

Refer to page 16



**10. INSIDE GRIP CHEST COMPRESSION (UPPER)**

Refer to page 16



**11. CABLE SPREAD (OVER HEAD)**

Refer to page 12



**12. DELTOID CABLE SPREAD (BOTH SIDES)**

Refer to page 13

## WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### A CHEST, SHOULDERS, TRICEPS, ABS



#### 13. DELTOID CABLE SPREAD (LOWER - BOTH SIDES)

Refer to page 13



#### 14. TRICEPS PUSH DOWN (BOTH SIDES)

Refer to page 19



#### 15. TRICEPS CABLE PUSH DOWN

Refer to page 19



#### 16. SEATED LOWER AB RAISE (BOTH SIDES)

Refer to page 22



Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## A CHEST, SHOULDERS, TRICEPS, ABS



### 17. RESISTED CRUNCH

Refer to page 22



### 18. PLANK CRUNCH

Refer to page 22

## WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### B BACK, LEGS, BICEPS



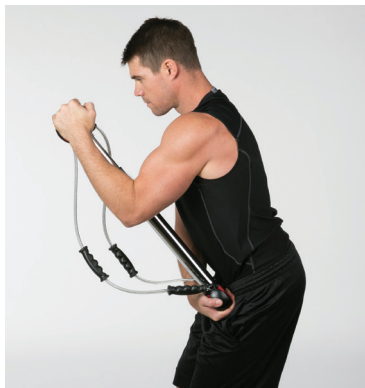
#### 1. CABLE SPREAD

Refer to page 10



#### 2. ARCHER (BOTH SIDES)

Refer to page 10



#### 3. LAT PULL DOWN (BOTH SIDES)

Refer to page 10



#### 4. SHOULDER COMPRESSION (BEHIND HEAD)

Refer to page 11

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## **B** BACK, LEGS, BICEPS



### **5. SEATED LAT PUSH DOWN**

Refer to page 10



### **6. DEADLIFT**

Refer to page 20



### **7. UPRIGHT ROW**

Refer to page 11



### **8. BICEPS CABLE CURL (BOTH SIDES)**

Refer to page 18

## WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### B BACK, LEGS, BICEPS



#### 9. HAMMER BICEPS CURL (BOTH SIDES)

Refer to page 17



#### 10. BICEPS CURL (BOTH SIDES)

Refer to page 17



#### 11. BENT ROW (BOTH SIDES)

Refer to page 11



#### 12. SEATED DEADLIFT

Refer to page 13

Isometric hold (60%-80% of maximum effort) followed by 10 repetitions.

## **B** BACK, LEGS, BICEPS



### **13. HIP ABDUCTION**

Refer to page 21



### **14. HIP ADDUCTION**

Refer to page 21



### **15. CALF EXTENSION (BOTH SIDES)**

Refer to page 20



### **16. SEATED HIP FLEXOR CABLE SPREAD (BOTH SIDES)**

Refer to page 21

## WEEKS 11-13

FOUNDATIONAL STRENGTH - 1 SET - Target duration (15-30 mins)

MUSCLE ENHANCEMENT - 2 SETS - Target duration (30-45 mins)

PEAK PERFORMANCE - 3 SETS - Target duration (45-60 mins)

### B BACK, LEGS, BICEPS



#### 17. CONCENTRATION BICEPS CURL (BOTH SIDES)

Refer to page 17



#### 18. ONE LEG PRESS (BOTH SIDES)

Refer to page 20



#### 19. BACK ROW (LYING DOWN)

Refer to page 12



#### 20. REVERSE GRIP ROW

Refer to page 12

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