

Bullworker Training Manual

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Bullworker - wikipedia, the free encyclopedia

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The complete Bullworker line combines the Classic, Steel-Bow, Bow Extension, Sit-at-Home Fitness, ISO-BOW and all of the corresponding Charts to give you the complete

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The Bullworker exercise chart is based on a training program that was developed back in the 1960s. It's NO longer relevant and it's outdated for sure!

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