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# Bullworker Exercise Guide

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Trisometrics

A Guide to Exercise and Fitness Equipment

The Isometric Bible

Deep Fitness

Exercise

Science Works: 1: Student Book

The Bullworker Compendium

Beyond Self Resistance 15 Week Bodybuilding Introductory Mini-Course

The 12-Minute Athlete

Keeping Fit All the Way

Functional Training and Beyond

The Ultimate Isometrics Manual

Bruce Lee: The Art of Expressing the Human Body

The Ultimate Bullworker Power Rep Range Workouts Book Two

The Ultimate Rep Range Max X2 Transformation Workouts: Build Your Best Body Ever!

Isometric Power Revolution

The Amazing Samson

The Bullworker Bible

The 70 Second Difference

Physiology of Strength

The Bullworker 90 Course

The Ultimate Bullworker Rep Range Workouts Book Three: The Best Isotonic Exercises to Build Muscle, Increase Strength, Power and Sculpt the Best Body

The Thing Between U & Me..

Kettlebell: A Simple Guide to Learn Kettlebell Exercises (The Ultimate Kettlebell Workouts for a Shredded Body)

Total Body Transformation

The Coregasm Workout

Pushing Yourself to Power

How to Write Sales Letters That Sell

Lancashire Rock

The Ultimate Bullworker Power Pump Method

Fitness on the Move

Get-Fit Guy's Guide to Achieving Your Ideal Body

TV Guide

The Ultimate Bullworker Power Rep Range Workouts

Commonsense Direct and Digital Marketing

Isometric Power Exercises

Encyclopedia of Muscle & Strength

Weight Lifting Is a Waste of Time

Sandow the Magnificent  
Dorian Yates

*Bullworker Exercise Guide*

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### **Trisometrics** Majorvision International

Fight aging, build strength, and achieve whole-body health in just 30 minutes a day, once or twice a week, with these 30 strength training exercises based on science and mindfulness practices—for people of all ages and activity levels. The mixed messages we've received about exercise, aerobics, and mental and physical fitness are all misleading...or at least incomplete. Clinical research shows that we lose muscle mass as we age, and that preventing muscle loss through strength training—more than cardio, stretching, or flexibility—is the key to staying active, healthy, and well. Deep Fitness introduces Mindful Strength Training to Failure (MSTF), a science-based method that reverses muscle loss and improves overall strength in just 1 or 2 30-minute sessions a week. MSTF exercises are simple and effective, and can be done at home with resistance bands and bodyweight, or with the machines at your local gym. Using slow reps, MSTF marries mindful body awareness with proven strength-training techniques to help you become stronger at any age. With more than 30 full-color exercises, Deep Fitness explains the science behind MSTF. It shows how the program boosts longevity and healthspan; aids weight loss and fat reduction; increases overall wellness and mental health; and can improve or reverse symptoms of:

- Prediabetes and diabetes
- Cardiovascular disease
- Metabolic syndrome
- Alzheimer's and dementia
- Chronic inflammation
- Osteoporosis
- Other chronic illnesses

Appropriate for people of all ages and activity levels, the exercises and techniques in Deep Fitness are effective, straightforward, and sustainable, helping you enjoy the vibrant, fit, whole-body health you deserve.

*A Guide to Exercise and Fitness Equipment* Bullworker Power Series

The Bullworker Bible(TM) is the definitive resource guide for all Bullworker(R) users, and it's the companion book for The Bullworker 90(TM) Course. The Bullworker Bible(TM) is the complete science-based user-friendly guide of how the Bullworker

should be used properly to deliver maximum results. It also shows you how to effectively use the Bow Extension(R) and the Steel Bow(R). It gives you all the information that you always wanted to know, but the simple wall charts, and very basic instruction manuals didn't. How Repetition-Compression Speed Control is Essential Correct Breathing Techniques Hooke's Law of Physics and The Bullworker(TM) Correct Biomechanics for Best Results The Bullworker Bible(TM) is also the essential guide for all users of the Bullworker X5, Bully Extreme, ISO 7x, and the Bullworker X7. Brian Sterling-Vete is an internationally acclaimed exercise scientist and martial arts lifetime achievement award-winner who is also a 45+ year Bullworker(R) user. He used the Bullworker(R) to coach his friend and 4 times World's Strongest Man, Jon Pall Sigmarsson of Iceland.

### The Isometric Bible DigiCat

First published in 1961, "[T]his book is the result of ten years of research and experiment in the problems of muscle strength and muscle training at the Max-Planck-Institut für Arbeitsphysiologie, Dortmund, Germany supplemented by further work at the Lankenau Hospital, Division of Research, Philadelphia, Pennsylvania. There is provided the present status of these problems, and there is demonstrated how muscle strength may be built and maintained with a minimum of time and effort. "The methods used are adaptable, with suitable modification, to children, to average young people, to athletes in training, to sedentary workers and older persons who wish to maintain bodily strength, and to those who have undergone surgery and need rehabilitation of the muscle structure—in short, to anyone who wishes to develop and maintain good muscle tone. "A strong and well-built body not only has pleasing appearance, it permits the undertaking of arduous physical activities or active sports without undue fatigue, and with real enjoyment. "It is the author's hope that in this age of fast living and nervous tension, when there often seems neither time nor place for extensive exercise, this book will assist those who wish to maintain bodily strength and fitness—simply, at home, without elaborate equipment—on a do-it-yourself basis. It should prove of special benefit to teachers of physical education and rehabilitation."—THEODOR HETTINGER,

M.D.

Deep Fitness Hachette UK

One of the healthiest things you can do for yourself. Exercise!

Exercise Createspace Independent Publishing Platform

Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, The 12-Minute Athlete will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In The 12-Minute Athlete you'll also find:

- A guide to basic calisthenics and bodyweight exercises for any fitness level
- Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands
- More than a dozen simple and healthy recipes that will fuel your workouts
- Two 8-week workout plans for getting fitter, faster, and stronger
- Bonus Tabata workouts
- And so much more!

The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

**Science Works: 1: Student Book** Human Kinetics Publishers  
Muscle-Enhancing Transformation Workouts That Build Your Body in Minutes A Day! Created by Marlon Birch, Bullworker's strength training advisor and one of the world's leading fitness experts. Today, in the palms of your hands are incredible and effective muscle-building programs designed to build and enhance lean muscle growth while blow-torching ugly body-fat fast. Using the power of isometrics, time under load, and rep speed, you will transform and create the body of your dreams within a short time frame. Imagine, more strength, ripped abs, a powerful chest, and

baseball shaped biceps in less than 30 minutes. It is a tough program that burns fat and increases muscle mass, but is gentle enough to protect your connective tissues and joints. While increasing the quality of your life. Get Transformed Today!  
***The Bullworker Compendium*** North Atlantic Books  
 Build Powerful muscle with the power of Isometrics with the Bullworker. Lose Fat, Build Muscle, get ripped in your 40's, 60s and beyond. This book shows you how to transform your body into a powerful, fat-burning machine. This book provides a scientific, easy-to-follow routines getting you into your best shape of your life. Get Transformed Now!  
***Beyond Self Resistance 15 Week Bodybuilding Introductory Mini-Course*** Kogan Page Publishers  
 TRISOmetrics(TM) is an advanced, high-intensity science-based exercise system which combines 3 proven exercise techniques into one powerful workout. The TRISOmetric(TM) exercise system will deliver maximum strength gains and muscle growth in minimum time. Multi-angle isometric contractions provide maximum strength gains through a smooth strength curve along the complete range of motion of a limb. Maximum muscle fibre engagement is achieved through super-slow isotonic compound combinations, and rest and recovery time optimisation during each exercise delivers outstanding, powerful results. By focussing on precision quality and high-intensity exercise instead of mediocre quantity means that your workout sessions are kept short in length, infrequent in number, and big on results. TRISOmetrics(TM) is part of the ISOfitness(TM) exercise system and can be performed either without any special equipment, with the amazing Iso-Bow(R) exerciser, the Bullworker(R), the Steel Bow(R), the Bow Extension(R), the Iso-Gym(R), or any other exercise system you want. It's also ideal to use with freehand calisthenics and traditional resistance training equipment. The choice is yours. The ISOfitness(TM) exercise system aims to deliver more results, in less time, and with less exercise than any other exercise system.  
***The 12-Minute Athlete*** Pickle Partners Publishing  
 FROM THE SHADOW is the story of a country boy who endured a series of tragic events, leaving him alone in a big city. The cruel hand of fate had one more blow: a young offenders' institution. There, in his darkest hour, it would be the bars he lifted, not those that bound him, which would finally change the trajectory of his

life - forever. Dorian Yates' disarming honesty would lead to a reader of an early manuscript saying of FROM THE SHADOW, "I had to force myself to put it down -- the thought of finishing it, of the most real thing I'd ever read coming to an end, was unbearable.

#### **Keeping Fit All the Way** Bronze Bow Pub

Learn the secrets to obtaining Bruce Lee's astounding physique with this insightful martial arts training book. The Art of Expressing the Human Body, a title coined by Bruce Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities, Lee's physical appearance and strength were truly astounding. He achieved this through an intensive and ever-evolving conditioning regime that is being revealed for the first time in this book. Drawing on Lee's notes, letters, diaries and training logs, Bruce Lee historian John Little presents the full extent of Lee's unique training methods including nutrition, aerobics, isometrics, stretching and weight training. In addition to serving as a record of Bruce Lee's training, The Art of Expressing the Human Body, with its easy-to-understand and simple-to-follow training routines, is a valuable source book for those who seek dramatic improvement in their health, conditioning, physical fitness, and appearance. This Bruce Lee Book is part of the Bruce Lee Library which also features: Bruce Lee: Striking Thoughts Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Artist of Life Bruce Lee: Letters of the Dragon Bruce Lee: Jeet Kune Do

#### **Functional Training and Beyond** Bullworker Power

Now in paperback, the groundbreaking system that combines yoga and the gym, from one of the country's most highly sought after professional trainers. Looking for a personal fitness prescription for a strong, lean body and a calmer, focused mind Whereas other training methods tend to focus on either bodybuilding or yoga, the revolutionary approach developed by Steve Ilg emphasizes interconnectedness and brings results that simply can't be achieved any other way. Total Body Transformation gives readers -- hardcore athletes and novices alike -- the secret to having it all: strength from lifting weights; flexibility from yoga; a lean body from the right nutrition and cardio; and all the benefits that come from mindfulness,

meditation, and true physical and emotional well-being.

**The Ultimate Isometrics Manual** University of Illinois Press  
 At between 575 and 590 pages long, The Bullworker Compendium(TM) is the combination of both The Bullworker Bible(TM) and The Bullworker 90(TM) Course in a single huge book. To save printing costs the only thing we've eliminated are duplicated sections, everything else remains the same. This way we're able to offer both books in one for less than the combined price of the two other books. The Bullworker Compendium(TM) starts with The Bullworker Bible(TM), and at the end of that, it progresses seamlessly into The Bullworker 90(TM) Course. The Bullworker Bible(TM) is the definitive resource guide for all Bullworker(R) users, and it's the companion book for The Bullworker 90(TM) Course. The Bullworker Bible(TM) is the complete science-based user-friendly guide of how the Bullworker should be used properly to deliver maximum results. It also shows you how to effectively use the Bow Extension(R) and the Steel Bow(R). It gives you all the information that you always wanted to know, but the simple wall charts, and very basic instruction manuals didn't. \* How Repetition-Compression Speed Control is Essential \* Correct Breathing Techniques \* Hooke's Law of Physics and The Bullworker(TM) \* Correct Biomechanics for Best Results The Bullworker Bible(TM) is also the essential guide for all users of the Bullworker X5, Bully Extreme, ISO 7x, and the Bullworker X7. The Bullworker 90(TM) Course is the essential 90-day/12-week course for all Bullworker(R) users, and it's the companion book to The Bullworker Bible(TM) The Bullworker 90(TM) Course is approved by the makers, and distributors of The Bullworker, at Bullworker.com The Bullworker 90(TM) is a 400] page, science-based, user-friendly, step-by-step course designed to increase strength, fitness, grow muscle, body-build, and increase power over a 90-day/12-week period. The Bullworker 90(TM) Course is a detailed exercise plan which progressively increases in intensity, as the days and weeks progress. New exercises are added almost every week, with complete routine changes every two weeks. Each week has a detailed note section, together with suggestions about exercise days, and rest times etc., so that you know exactly what to do, and when to do it. \* Step-by-step, week-by-week instruction \* Progressively increasing intensity over 90 days \* Routine changes every two weeks \* Isotonic and Isometric exercise combinations \* Multi-angle isometric exercise

combinations The Bullworker 90(TM) Course is designed by the authors of The Bullworker Bible(TM), and can be used with the Bullworker(R) Classic, the Steel Bow(R), the Bullworker X5, the Bully Extreme, the ISO 7x, and the Bullworker X7. The Bullworker 90(TM) Course also contains alternative/extra exercises which incorporate the use of the Iso-Bow(R), and the Bow Extension(R), that can be used with all Bullworker-type exercisers to increase the range and effectiveness of the device. The primary author, Brian Sterling-Vete is an internationally acclaimed exercise scientist and martial arts lifetime achievement award-winner who is also a 45+ year Bullworker(R) user. He used the Bullworker(R) to coach his friend and 4 times World's Strongest Man, Jon Pall Sigmarsson of Iceland. Required Equipment: A Bullworker(R) Classic, or a similar device Recommended Additional Equipment: Steel Bow(R), Bow Extension(R) kit, 2 x Iso-Bows(R)  
*Bruce Lee: The Art of Expressing the Human Body* Macmillan  
 The Bullworker is Your Barbell to powerful muscles, today the trainee will have no excuse not to get into the best shape of their life--with just 17 exercise phases all in the convenience of your own home. Transformation expert Marlon Birch, CSCS, whom Bullworker dubs the strongest and fittest man to build his body without the use of weights and machines. Has created an efficient, body-transformation master-plan based on the most effective strength producing unit in the world. You will be amazed with these scientifically devised programs that will build a powerful, symmetrical, and well proportional physique. Using the power of Isotonic and Isometrics, time under tension, and rep speed, you will transform your body and increase your strength in record-breaking time. Develop ripped abs, a powerful chest, tireless powerful legs, in as little as 20-30 minutes without stressing the joints and tendons.

**The Ultimate Bullworker Power Rep Range Workouts Book Two** Tuttle Publishing

Acts as a guide to the rock climbs in the Lancashire area. This book contains details of the 3,200 routes from Diff to E8, covering everything from the dark quarries in the south, where steep walls and foreboding atmospheres have long gained the routes a reputation for challenge, to the limestone crags in the north of the county.

**The Ultimate Rep Range Max X2 Transformation Workouts: Build Your Best Body Ever!** Bobbie Wright

The right piece of direct mail can produce excellent response rates and have an extraordinary effect on business. But why do some sale letters achieve spectacular results whilst others are instantly consigned to the bin? This book reveals the secrets of creating successful sales letters. Containing examples of real sales letters, it includes plenty of advice on what to avoid as well as what to include. Key topics are covered such as: the secrets of persuasion; planning a letter which will get replies; creating offers that get responses and timing mailings for maximum effect.

*Isometric Power Revolution* Mango Media Inc.

Find more similar books at [www.StrongmanBooks.com](http://www.StrongmanBooks.com) Bruce Tegner was a famous judo champion. Literally born into the martial arts he taught for many years including the U.S. armed forces. He also work in Hollywood as a movie fight choreographer. Many marital artists didn't like him because of his message of stripping away what was traditional yet impractical. In this book Bruce Tegner shows you a total of 133 different isometric exercises you can use with no equipment all of which are shown in photographs. It only takes 10 seconds an exercise. 4 Simple and Complete Programs for Men and Women A plan for people with no time to exercise Exercise to fit into your daily routine Exercises to do with your family and friends

*The Amazing Samson* Kogan Page Publishers

This reference and training guide provides descriptions and examples of 277 exercises for 11 different muscle groups, explaining the proper techniques and providing a timeframe for achieving results.

*The Bullworker Bible* OUP Oxford

The Ultimate Bullworker Power Pump Method is the essential workout guide filled with powerful strength enhancing muscle-producing comprehensive programs ever created to coax muscle-fiber activation on all exercises. This exciting new book has the power shaping tools, with cutting-edge science, and it works big time. The Power Pump Method teaches you how to add muscle and might along with stripping away fat in a short time frame. The Ultimate Bullworker Power Pump Method will be the last fitness and strength guide you will ever need. This series is a serious eye opener that will show you how to pack powerful popeye spinach strength, and will sculpt the body you've always dreamed of.

*The 70 Second Difference* Jaquish Biomedical

NEW! 2018 updated version now contains even more Fitness on

the Move exercises in this newly expanded book. Time is the number 1 reason why people don't exercise. The number 2 reason is lack of access to a gym. With the ISOfitness system of Fitness on the Move There are no more excuses. You can literally workout anytime, anyplace, everywhere, thanks to the ISOfitness exercise system of advanced isomeric exercises, combined with the powerful Iso-Bow. The advanced isometric exercises of the ISOfitness system have been scientifically proven in thousands of independent experiments to be superior to traditional exercise methods. We've tried and tested the Fitness on the Move system by performing full workout routines in a Zero Footprint Workout Environment as passengers in cars, on trains, in cramped airline seats, on mountainsides, on beaches, and once even on the deck of a ship in a storm. The ISOfitness system of Fitness on the Move allows a full-body workout in the smallest space humanly possible thanks to our Zero Footprint Workout concept. With the Fitness on the Move system you never need to miss a workout ever again.

Required Equipment: 2 x Iso-Bows - available on Amazon.com

**Physiology of Strength** Createspace Independent Publishing Platform

Train Like a Superhero "I recommend this book to all personal trainers, training geeks, and people who just want to learn about different training methods and philosophies." —JC Santana, author of Functional Training #1 Best Seller in Physical Education and Coaching Body and Brain Training Designed to Unlock Your Amazing Hidden Potential Change your life. Many of us have forgotten how to move correctly. We live with muscular imbalances, constant pain, and low energy. Adam Sinicki is on a mission to change this. He is best known for his YouTube channel "The Bioneer", where he provides expertise on functional training, brain training, productivity, flow states, and more. Be better than just functional. Currently, functional training is exercise as rehabilitation. It aims to restore normal, healthy strength and mobility using compound and multi-faceted movements. In Functional Training and Beyond, Adam reveals how to become "better than just functional." We can improve our physical performance and our mental state. We can train to move better, think more clearly, feel energetic, and live more efficiently. Advanced way to train. Until now working out has had one of two goals—get bigger or get leaner. But why are those the only goals? What if there was a third, practical, healthy and exciting way to

train our body and our mind? Learn how we can train our brains just like our bodies, and how to incorporate this into a comprehensive, well-rounded program. Discover: New ways to train body and mind Training for greater mobility, less pain,

improved mood, and increased energy The fun of training with kettlebells, calisthenics, clubbells, street workouts, animal moves, handstands, rope climbs, isometrics, and more Fans of

Overcoming Gravity, You Are Your Own Gym, The World's Fittest Book, New Functional Training for Sports, or Calisthenics for Beginners—discover a new and better way to train both your body and mind in Functional Training and Beyond!