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KEY=EXERCISE - JAELYN CLARA

THE BULLWORKER COMPENDIUM

THE BULLWORKER BIBLE AND BULLWORKER 90 COURSE COMBINED

Createspace Independent Publishing Platform 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)

THE BULLWORKER 90 COURSE

THE COMPLETE 90-DAY/12-WEEK BULLWORKER TRAINING COURSE

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Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

THE ULTIMATE BULLWORKER REP RANGE WORKOUTS BOOK THREE: THE BEST ISOTONIC EXERCISES TO BUILD MUSCLE, INCREASE STRENGTH, POWER AND SCULPT THE BEST BODY

Bullworker Power Book Three of the Bullworker Power Rep series increases muscle size and gives you fast and simplified training programs combined with the power of isometrics to increase strength gains. You will learn.....How to stimulate a huge surge in muscle growth with our powerful routines- with its PROVEN size enhancing methods. How to reach the vital MUSCLE BUILDING THRESHOLD- and learn how to get big and ripped without wasting time-use our techniques to accelerate your growth potential regardless of your level of experience.How to get size accelerated gains in strength with our routines-that stimulate muscle producing expansion that rapidly coax key muscle fibers without overtraining-you use medium tension for less joint stress as you grow bigger and more muscular.Learn from the natural Bodybuilder Marlon Birch, who transformed many of his clients and used these techniques to build an impressive physique- Marlon will teach you how these special methods will create the best muscle gains of your life..How to trigger new muscle growth by pushing the growth threshold into the high-end of muscle producing tension time (60 plus seconds-something people never do).

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THE ULTIMATE BULLWORKER POWER PUMP METHOD

BULLWORKER POWER SERIES

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 BULLWORKER BIBLE

THE ULTIMATE GUIDE TO THE BULLWORKER

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EBONY

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

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THE ULTIMATE BULLWORKER POWER REP RANGE WORKOUTS BOOK TWO

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.

CYCLE WORLD MAGAZINE

MY FITNESS EXPERIMENTS

Partridge Publishing My Fitness Experiments is the story of a man who chose to focus more on his health and fitness. It describes all his efforts to be fit, his failures and his success. The authors four decades of continuous focus on all matters of health and fitness has brought together a number of concepts, thoughts, experiences and developments and interesting information from different sources such as research reports and books. He has experimented with many types of exercises and different varieties of food and finally arrived at his own simple, viable and durable solution. This book is a first-hand account of what the author did, how he failed for years and how he finally succeeded to be healthy and fit. It also describes his weakness for food and how he manages to overcome the problem. V C Chowdary lives in Bengaluru, India with his family. His pet subject is agriculture. He loves good food, likes to travel and enjoys reading.

FIELD & STREAM

FIELD & STREAM, America's largest outdoor sports magazine, celebrates the outdoor experience with great stories, compelling photography, and sound advice while honoring the traditions hunters and fishermen have passed down for generations.

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HANDBOOK OF SEVERE DISABILITY

A TEXT FOR REHABILITATION COUNSELORS, OTHER VOCATIONAL PRACTITIONERS, AND ALLIED HEALTH PROFESSIONALS

DIANE Publishing Chapter include: comprehensive rehabilitation: evaluation & treatment; psychosocial adjustment to chronic disease & disability; significant body systems; disability consequences of bed rest; spinal cord injury; neuromuscular diseases; peripheral neuropathies; multiple sclerosis; stroke & cerebral trauma; cerebral palsy; epilepsy; amputation; rheumatic diseases; organic musculoskeletal back disorders; chronic pain; alcoholism; drug abuse; mental illness; mental retardation; sexual adjustment to chronic disease & disability; cardiovascular diseases; pulmonary dysfunction; diabetes mellitus; end-stage renal disease; hemophilia; sickle cell disease; cancers; blindness & visual impairments; hearing impairments & deafness; burn; plastic & reconstructive surgery.

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STRAIGHT FROM THE FORCE'S MOUTH

THE AUTOBIOGRAPHY OF DAVE PROWSE

Andrews UK Limited Everyone has heard of Darth Vader, the infamous Star Wars villain we all love to fear, created by George Lucas and brought to life by Dave Prowse MBE, but people may not be so familiar with the story of the multi-talented man behind the mask. It required someone exceptional to turn a helmeted costume into the principal character in the highest grossing film series in cinema history - that someone was Dave Prowse. The towering, physical presence of the 6ft 7" bodybuilder was ideally suited to personify the intimidating Darth Vader. Straight from the Force's Mouth takes us behind the scenes of Star Wars and documents how this extraordinary man took on the role of the menacing central character to creating one of the most iconic villains in cinema history. In this book of memoirs, Dave shares his journey from disadvantaged child and poor student to champion weightlifter and international film star. The Dave Prowse story is one of determination and hard work and in this honest account he explains how he overcame the many setbacks in his life to achieve success and global recognition. This book is a must have for Star Wars fans of all ages and will appeal to

anyone who enjoys a truly inspirational and motivating real life story.

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THE ISOMETRIC BIBLE

EXERCISE ANYWHERE WITH SCIENTIFICALLY PROVEN ISOMETRICS

Createspace Independent Publishing Platform At 335 pages, the ISOmetric Bible(TM) is one of the most complete, scientific, practical, and user-friendly books on isometrics that's ever been written. Isometrics have been proven by science to grow muscle and strength faster and more efficiently than any other exercise system. It doesn't matter if you're a complete beginner, someone who's already active but wants to do more, or if you're an advanced professional athlete, everyone gets the same proportional benefits to the effort they put in. No time to exercise? Travelling away from home? Are you too busy with work commitments? With isometrics you can exercise your entire body in only minutes each day, they set you free to exercise anywhere and everywhere you choose, on a plane, in a car, or even while you're at work. You don't need any special equipment to get a great total-body workout because you can use self-resistance techniques. Alternatively, the book also shows you how to use easy to find everyday objects such as walking poles, broom handles, rope and towels to exercise with. It also covers a selection of purpose-made isometric exercise devices such as the Iso-Bow(R), Bullworker(R) and Steel Bow(R). Exercise science expert Brian Sterling-Vete is a veteran exercise and strength coach and is acclaimed as one of the world's leading authorities on isometric exercise. Brian has trained multiple national and world champions including 2 x World Martial Arts Champion Stuart Hurst, and 4 x Times World's Strongest Man Jon Pall Sigmarsson of Iceland.

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WORKOUT AT WORK

EXERCISE AT WORK WITHOUT LEAVING YOUR DESK AND WITHOUT ANYONE KNOWING!

Createspace Independent Publishing Platform No time to exercise? Think again, because you can Workout at Work. A stark new warning from the Icahn School of Medicine at Mount Sinai School of Medicine in New York reveals that sitting at a desk working for more than 6 hours a day can be extremely damaging to your health, and even exercising 4 evenings a week after work, or for long periods over the weekend, won't fix the damage. The average person spends over 10 years of their life at work over an average 45 year working life, which for most people means sitting at a desk for a staggering 10-years of their life! Time, or lack of it, is also working against after-work exercise sessions. Exercising the traditional way in a gym 3-days a week, will consume a further 4.27 years. This is why time is the #1 reason why people don't exercise. The fact is that sitting at a desk for more than 6 hours a day can cause potentially irreversible damage to your heart, together with increases in both cholesterol and body fat, as well as insulin resistance which is a precursor to type 2 diabetes. What if you could workout effectively while you were at work? What if a complete beginner could exercise with equal ease to someone who is an advanced athlete, and all without leaving your place of work? Now you can do exactly that with The ISOfitness(TM) system of advanced isometric exercises. With the ISOfitness(TM) system, and a pair of Iso-Bows(R), the world's smallest total-body exerciser, you can workout effectively at work, no matter what fitness level you're at, without ever leaving your desk! Even if you perform just one 7-second high-intensity exercise every 30 minutes, you'll gain maximum benefit from this scientifically proven system. At the end of a 9-hour working day you can easily perform an 18-20 exercise total-body workout, so you leave work healthier, fitter, stronger, and with more time to spend with family and friends. Your boss won't complain either, because in exchange for just 126 seconds out of your working day, you'll be up to 30% more efficient at your job, and you'll take less time off sick. Required Equipment: 2 x Iso-Bows - available on Amazon.com

DIAMOND BODY BUILDING COURSE

Diamond Pocket Books Pvt Ltd Everyone has an innate urge and desire to look attractive and beautiful, but some people are born attractive while others look physically attractive and the rest perform noble deeds. Body building course plays an active and important role in enhancing physical beauty and attraction but to achieve this end, one has to gain and assimilate complete knowledge about Body-building exercises.

TRISOMETRICS

ADVANCED SCIENCE-BASED HIGH-INTENSITY STRENGTH AND MUSCLE BUILDING

Createspace Independent Publishing Platform 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.

NEW SCIENTIST

New Scientist magazine was launched in 1956 "for all those men and women who are interested in scientific discovery, and in its industrial, commercial and social consequences". The brand's mission is no different today - for its consumers, New Scientist reports, explores and interprets the results of human endeavour set in the context of society and culture.

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LOOKING GOOD**MALE BODY IMAGE IN MODERN AMERICA**

Macmillan An illustrated examination of male body image focuses on the cultural, social, and economic forces underpinning the growing national obsession with the male physique. Reprint.

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CYCLE WORLD MAGAZINE**THE ILLUSTRATED WEEKLY OF INDIA****FITNESS ON THE MOVE****EXERCISE EFFECTIVELY ANYWHERE, ANYTIME, ANYPLACE.**

Createspace Independent Publishing Platform 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 isometric 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

CYCLE WORLD MAGAZINE