

Bullworker X5 Manual

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Bullworker's Sit-at-Home fitness routine is an excellent cardio calorie burner. The program also offers nutrition and dietary guides for success.

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Jun 30, 2015 The Bullworker is a spring-loaded, steel cylinder with a handle on each end and a cable crossing from end-to-end on either side of the cylinder.

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The Bullworker is an isometric exercise device used for strength training originally marketed and sold in the early 1960s. Designed and patented by German inventor

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