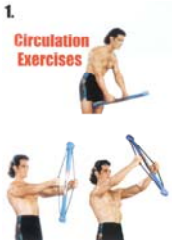
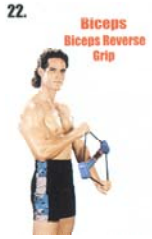
Bully Xtreme Daily Fitness Training

First Week = 1 Rep Hold for 10 Seconds / Second Week = 10 Reps With a 10 Second hold on the 10th rep. ONLY

Training Day	1	2	3	4	5	6	7	8	9	10
1.  Grasp Bully Xtreme Cables and pull them apart using 70% of your strength. Move your arms while holding this position down towards your legs. Breathe out in the downward movement and breathe in the upward movement. Do 10 reps.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
2. Grasp the Bully Xtreme handles as shown in picture, compress the Bully inward, the higher you hold your elbows the more difficult the exercise. Log your power meter reading.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
8. Place Bully Xtreme Cable under both legs. Grasp other cable as shown...using your arms pull upwards in a lifting motion. Keep your eyes looking up. Don't look down. Keep your back as straight as possible	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
14. Place Bully Xtreme behind your neck and compress handle inward. Very difficult exercise. Hits both your Biceps and shoulder muscles.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
20. Grasp one of the Bully's cables as shown and curl upward...repeat other hand. This exercise can also be done seated	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
22.  Grasp the top cable of the Bully Xtreme as shown with your right hand, palms up. Grasp the other cable with your left hand. Holding the cable in your right hand high and still, push down with your left hand till your arm is straight. Repeat other hand.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power

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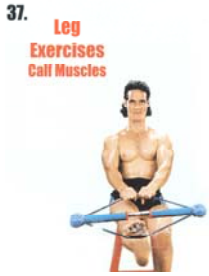
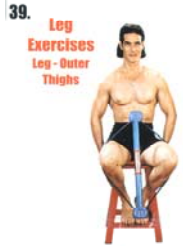
36. This exercise targets your front abs. Sit on a chair. Position Bully on your left knee as shown. Hold cables with your hands. Lift your leg gradually pushing the handle upwards,	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
37.  Sit on a chair. Place your right foot below one of the cables. With the cable just below your toes. Grip the other cable with both hands. Now stretch your foot outwards completely. Maintain. Repeat with other leg.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
39.  Sit on a chair. Position Bully Xtreme vertical and slip cables over both knees. Push the cables outward with your knees.	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power
	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Power	Power	Power	Power	Power	Power	Power	Power	Power	Power