



The Bullworker Bible: The Ultimate Guide to the Bullworker (Paperback)

By Brian Sterling-Vete

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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.



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Reviews

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Extremely helpful to all of category of men and women. it had been writtern extremely completely and helpful. You are going to like the way the blogger compose this publication.

-- Johathan Haag