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# **STRONG AS A BULL BY ROBERT DEWILLE BY ROBERT DEWILLE PDF**

A short, straight forward, to the point, fully illustrated ebook of an isometric workout I created for use with an ISO7X, Bullworker, or a Bully Extreme. I have had excellent results from doing this workout for the past 6 years. If you want to get STRONG LIKE A BULL this is the workout for you. It starts with a basic beginners workout and gradually progresses. 12 exercises in all. It takes just minutes a day.

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- Released on: 2015-12-02
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1 of 1 people found the following review helpful.

Very good program

By Amazon Customer

A very good program. It's very simple and it's very time efficient, which represents a big plus for me. It can be done in 20-30 minutes tops.

0 of 0 people found the following review helpful.

Read in an hour and might be too simple for most.

By Jim

This is an "ok" book. Probably too simple for most and very basic. For those in the same age category, this just might be helpful. It does have some good suggestions and like I said, if you're old like me, it just might work for you.

1 of 2 people found the following review helpful.

Not a Bad Little Booklet.... But

By Master Hahn

Not a bad little booklet.

The only two downsides that I had with the book was that it should have been priced more like \$0.99 to \$1.99...

And a bigger concern that the author is shown using the ISO7X isometric exercise bar. These units were recalled in April of 2014 (although still being sold by Amazon at a ridiculously low price in spite of the ban of such sales by anyone after such a recall).

[https://www.amazon.com/Isometric-different-exercises-extensive-strength/dp/B00U6FUHOS/ref=sr\\_1\\_1?s=sports-and-fitness&ie=UTF8&qid=1465732076&sr=1-1&keywords=iso7x](https://www.amazon.com/Isometric-different-exercises-extensive-strength/dp/B00U6FUHOS/ref=sr_1_1?s=sports-and-fitness&ie=UTF8&qid=1465732076&sr=1-1&keywords=iso7x)

Note Questions and Answers, Reviews, and Comments.

Stick with a Bullworker.

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