

INTERVIEW SERIES

29 Free Bullworker Ad Swipe





Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com



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Published by:

Michael Senoff
JS&M Sales & Marketing Inc.
4978 Gaylord Drive
San Diego, CA 92117
858-274-7851 Office
858-274-2579 Fax
Michael@michaelsenoff.com
http://www.hardtofindseminars.com

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If You're Into Fitness, Bullworker Puts It All Together In Only 5 Minutes a Day:



"Looking for a fitness program that's fast, easy and gets results right away?" asks fitness expert, Bob Breton. "Bullworker puts it all together. In just 5 minutes a day you can give your body a complete fitness workout: shoulders, back, arms, chest, abdomen and legs.

It's fast: each exercise takes only 7 seconds, once a day.

It's easy: any man between 15 and 65 in good general health can run through the whole program without getting tired.

You see your progress right from the very first day on the built-in Powermeter gauge. After two to three weeks of training, most men can expect to measure an extra inch or two of muscle on their shoulders, chest and biceps – and an inch or two less flab around the middle.

And that's just the start: there are specialized exercises for building-up or trimming down any part of your body you want to. What's more, since Bullworker training is progressive, you perform better each time. Yet the training always seems easy since with every workout your strength increases by about 1% - that's an increase of up to 50% in the first three months.

"I earn my living by keeping executives in top shape," says Bob. "My customers want results and they want them fast. I recommend Bullworker for one reason only: because it's the most advanced fitness trainer on the market and you better believe it."

To receive complete details about Bullworker Fitness training, mail coupon for FREE BOOKLET today. No obligation, no salesman will visit.

Shape Up With The "Tensolator"!



SHAPE UP WITH THE "TENSOLATOR"! No strenuous exercises, no elaborate gym equipment, no lengthy, tedious work-outs. The Tensolator combines both Isometric and Isotonic benefits in a series of quick 7-second exercises. Muscles grow stronger, shoulders broaden, chest expands, etc. WRITE for FREE brochure . . . (add 25¢ to cover postage and handling): Thoylo Corp., Dept. AR-6, 509 Fifth Avenue, New York, N.Y. 10017

No strenuous exercises, no elaborate gym equipment, no lengthy, tedious work-outs. The Tensolator combines both Isometric and Isotonic benefits in a series of quick 7-second exercises. Muscles grow stronger, shoulders proaden, chest expands, etc. WRITE for FREE brochure... (add 25¢ to cover postage and handling): Thoylo Corp., Dept. AR-6, 509 Fifth Avenue, New York, N.Y. 10017

14 Days Free Trial from Bullworker



It's amazing what just a few minutes a day can do for you.

Are you overweight and out of condition? Do you feel guilty about eating too much food and not doing anything to get rid of that flab?

Put aside a few minutes each day with the **Bullworker** Super X5.

In no time at all, you'll see the results reflected in your own mirror. You'll bounce with pride how this easy-to-use train [unintelligible] your waist, [unintelligible] your stomach, broaden your chest and strengthen your arms.

Use the **Bullworker** Super X5 Free for 14 days, and if the results aren't satisfactory, you can return it without owing a penny. So, put it to the test by sending the coupon today.

You can take it easy – without stress and strain

You can begin with as little as 70 seconds a day while you go through a series of test "power releases" of only 7 seconds each.

Bullworker Super X5 rebuilds abdominal muscles that have gone soft through lack of exercise, (unintelligible) food and poor (unintelligible).

It builds muscles that were hardly noticeable. It makes overweight men look trim. It makes skinny men look muscular.

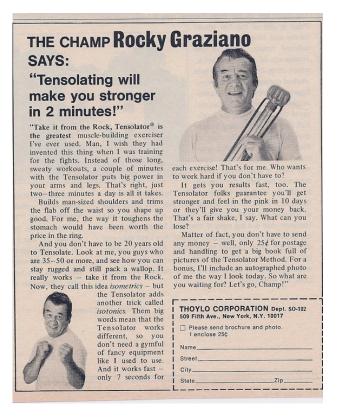
What's more, **Bullworker** [unintelligible] that's been proven by the world famous Max [unintelligible] to begin – how to [unintelligible]. So, print this coupon today and see the results within just 14 days – Free.

Free For 14 days. No obligation. No commitment.

To order, just send the coupon and your **Bullworker** Super X5 complete with Free wallchart and a 98 page color booklet will be delivered within 28 days.

If you're in any way disappointed, [unintelligible] back within 14 days and that's all. Take the step to a better life – by sending the coupon or [unintelligible] your credit card number NOW!

The Champ, Rocky Graziano Says: "Tensolating Will Make You Stronger in 2 Minutes!"



Take it from the Rock, Tensoltor is the greatest muscle-building exerciser I've ever used. Man, I wish they had invented this thing when I was training for the fights. Instead of those long, sweaty workouts, a couple of minutes with the Tensolator puts big power in your arms and legs. That's right, just two-three minutes a day is all it takes.

Builds man-sized shoulders and trims the flab off the waist so you shape up good. For me, the way it toughens the stomach would have been worth the price in the ring.

And you don't have to be 20 years old to Tensolate. Look at me, you guys who

are 35-50 or more, and see how you can stay rugged and still pack a wallop. It really works – take it from the Rock. Now, they call this idea *isometrics* – but the Tensolator adds another trick called *isotonics*. Them big words mean that the Tensolator works different, so you don't need a gymful of fancy equipment like I used to use. And it works fast – only 7 seconds for each exercise! That's for me. Who wants to work hard if you don't have to?

It gets you results fast, too. The Tensolator folks guarantee you'll get stronger and feel in the pink in 20 days or they'll give you your money back. That's a fair shake, I say. What can you lose?

Matter of fact, you don't have to send any money — well, only 25 cents for postage and handling to get a big book full of pictures of the Tensolator Method. For a bonus, I'll include an autographed photo of me the way I look today. So, what are you waiting for? Let's go, Champ!"

See These Muscle Improvements in 14 Days Or You Pay Nothing!



- See your abdomen become a taught wall of muscle
- Lift and broaden sagging shoulders
- Transform weak arms into pillars of strength
- Develop a chest that's deep and powerful
- Strengthen your back, forearms, wrists, thighs and calves.

14 DAYS TO FITNESS! FREE TRIAL OFFER!

Use the amazing Bullworker in your own home FREE for 14 days. WE

PROMISE RESULTS! You'll FEEL and LOOK stronger. Results YOU can actually SEE in a mirror and measure with a tape!

There's no need to undress...no need for strenuous exercise...no need for expensive gym visits. Now build the body you've always wanted. Just 70 seconds a day in the PRIVACY OF YOUR OWN HOME can start you on the way to a magnificent muscle packed body! Yes, just 70 seconds a day for 7 days prepares your body for the massive upsurge in muscle about to take place...then increase it to just 5 minutes a day - that's all! And watch how your abdomen becomes a taught wall of muscle! See your chest become deep and powerful! Your back and shoulders, broad and strong. Watch as day by day your thighs grow thicker, your handshake manly and confident.

WHY IS THE BULLWORKER METHOD SO FAST!

Bullworker is the world's best-selling body-builder, because it works for men of all builds giving them their FINEST possible physique in the FASTEST possible time - all without strain! The exercises take only 7 seconds each and work the principle on isometric/isotonic contraction. (This revolutionary method makes any additional effort a waste of time.) Even the full program takes only 5 minutes a day! That's incredible! Using amazing principles of isometric/isotonic contraction, Bullworker can produce RESULTS THREE TIMES FASTER than conventional methods of exercise. Thousands of men all over the world have written to testify to the amazing results they have achieved Bullworker.

WILL IT WORK FOR ME?

Yes! Use the Bullworker in your own home FREE FOR 14 DAYS. See and feel the results we've promised. You also get an easy-to-follow wall chart and a 24-page manual in full color! YOU can be the fit men, the one that stands out in a crowd. YOU can be the man who wears his clothes well, radiates energy and a zest for living! Regular exercise helps the relieve the tensions and stress of modern life, and the FIT man is more relaxed. YOU CAN BE THAT FIT MAN. YOU CAN have super self-confidence. Get back into shape now with Bullworker - the no-nonsense way to build a dynamic muscle-packed body FAST get it today! FILL IN THE FREE TRIAL COUPON NOW! Leisure Arts Ltd. Bullworker, 20 St Ann's Crescent, London SW18 2LZ Allow 14/28 days for delivery.

JUST 7 OF THE MUSCLE GROUPS IMPROVED BY BULLWORKER...

- 1. Front upper arm transforms them into pillars of strength.
- 2. Forearms become tough solid and sinewy.
- 3. Chest becomes powerful, manly, ensures deeper breathing
- 4. Front Stomach becomes a taught wall of muscles by following the exercises.
- 5. Side Stomach from a narrow waist by exercising.
- 6. Front Thighs become thicker well shaped athletic looking.
- 7. Calves become normal, well-formed and firm.

YOU CAN SPARE 70 SECONDS A DAY!

You can get back in shape



ARE YOU ASHAMED OF THE WAY YOU LOOK?

Sitting down all day...big lunches...bad posture from uncomfortable travel...no exercise...too tired in the evenings...are you letting yourself go and laughing it off? Is your life destroying your body?

Then do something about it – but what? Go running? How long will that last – a week, a fortnight? Join a gym? How much time will that take up – and how much will it cost?

But there's a so much easier and cheaper way of trimming your waist, firming up flabby

muscles, getting back into shape and fighting fit.

Use BULLWORKER X5 the scientific isotonic/isometric exerciser that can achieve astonishing results which start from the very first day!

"BUT I'VE GOT NO TIME." NONSENSE!

BULLWORKER fitness program begins with just ten 7 second exercises a day! That's 70 seconds a day! That's all it takes in the first week to get you back into the habit of regular exercise and tone you up. Even the full program takes only 5 minutes a day. Five minutes before shaving...five minutes before lunch in the office...or even five minutes while watching television! Do you still say you haven't time?

"BUT I ALREADY PLAY FOOTBALL/CRICKET/GOLF"

So? The full BULLWORKER program exercises, tones and improves all muscles groups. Few sports do that! Besides – use the BULLWORKER regularly "and you will be fitter and stronger to enjoy your sport even more. Many professional and amateur athletes do just that. Men like Peter Shilton and Eddy Mercks recommend the BULLWORKER as an invaluable adjunct to training.

"SO WHAT'S THE SECRET OF BULLWORKER'S AMAZING EFFECTIVNESS!"

Scientific Isotonic/Isometric principles developed at the Max Planck Institute in Germany...THREE TIMES FASTER than conventional methods of exercise. No strain, no boring, repetitive movements – just a fascinating series of "holds" That take only 60% of your strength. And that strength can increase from the very first day, 4% increase per week is possible. That's 50% in three months. We have letters from thousands of

men all over the world testifying to amazing results achieved with the Bullworker. What it can do for them, it can do for you. With each exercise a flow of blood is pumped through slack muscles bringing in oxygen.

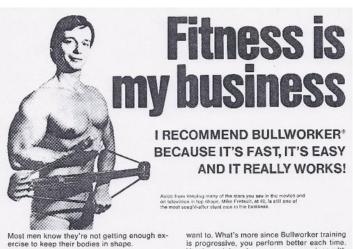
Your whole circulation benefits, you feel fresher...fitter.

You CAN be that FIT man. You CAN spare 70 seconds a day. You CAN get back into shape. With the Bullworker.

Our Challenge says "Results you feel, see and measure in 14 days – or you pay nothing. We mean it.

Fitness Is My Business

I RECOMMEND BULLWORKER BECAUSE IT'S FAST, IT'S EASY AND IT REALLY WORKS!



Twenty years as a fitness coach has taught me one important fact; most men will not stick with a training program long enough for it to do them any good, unless the training is fast, easy and shows results right away.

Bullworker gets a top score on all three counts:

—it's fast: each exercise takes only 7 seconds and the complete workout can be done in about five minutes

-it's easy: any man between 15 and 65 in good general health can perform the full program without getting tired

—you see your results right from the very first day on the built-in Power-meter gauge. After two to three weeks of regular training, most men can expect to measure an expect to measure an expect to the company of the

training, most men can expect to measure an extra inch or two of muscle on their shoulders, chest and biceps—and an inch or two less flab around the middle.

And that's just the start: there are specialized exercises for building-up or trimming-down any part of your body you want to. What's more since Bullworker training is progressive, you perform better each time. Yet the training always seems easy since with every workout your strength increases by about 1%—that's an increase of up to 50% in just three months, and I've seen many men go on to double and even triple their strength. For my money, Bullworker is the most advanced home trainer on the market. I use it and recommend it to any man who wants to get back in top shape fast.

For free details about Bullworker Fitness Training, recommended by fitness experts, champion athletes and nearly two million enthusiastic users the world around, mall coupon for FREE BOOKLET today. No obligation, no salesman

BULLWORKER SERVICE, 201 Lincoln Blvd., P.O. Box 20, Middlesex, N.J. 08846 230



Aside from keeping many of the stars you see in the movies and on television in top shape, Mike Fretaut, at 40, is still one of the most sought-after stunt men in the business.

Most men know they're not getting enough exercise to keep their bodies in shape.

Twenty years as a fitness coach has taught me one important fact: most men will not stick with a training program long enough for it to do them any good, unless the training is fast, easy and shows results right away.

Bullworker gets a top score in all three counts:

- It's fast: each exercise takes only 7 seconds and the complete workout can be done in about five minutes.
- It's easy: any man between 15 and 65 in good general health can perform the full program without getting tired.
- You see your results right from the very first day on the built-in Powermeter gauge. After two three weeks of regular training, most men can expect to measure an extra inch or two of muscle on their shoulders, chest and biceps and an inch or two less flab around the middle.

And that's just the start: there are specialized exercises for building-up or trimming down any part of your body you want to. What's more since Bullworker training is progressive, you perform better each time. Yet the training always seems easy since with every workout your strength increases by about 1% - that's an increase of up to 50% in just three months, and I've seen many men go on to double and even triple their strength. For my money, Bullworker is the most advanced home trainer on the market. I use it and recommend it to any man who wants to get back in top shape fast.

For free details about Bullworker Fitness Training, recommended by fitness experts, champion athletes and nearly two million enthusiastic users the world around, mail coupon for FREE BOOKLET today. No obligation, no salesman will visit.

Build Power-Packed Muscles in Just 5 Minutes a Day!

POSITIVE RESULTS GUARANTEED IN TWO WEEKS OR YOU PAY NOTHING

SURESH YOU Just a month ago
SETTING SE

It's a proven fact! Bullworker can pack the heman power girls go for into every muscle of your body – help you build rippling biceps: a deep, muscular chest; broad and powerful shoulders; a flat steel-hard stomach; legs that are veritable pillars of strength – all in just five

minutes a day. The results you obtain after just ten days of fast, easy, non-tiring Bullworker training are guaranteed to amaze and delight you. You will begin to fill and see the difference, otherwise you pay nothing. Send coupon today for complete details. No obligation whatsoever.

New BULLWORKER X5 GIVES 1005 MORE POWER RANGE

World's Top Power/Fitness Trainer Now Dramatically Improved



BULLWORKER X5, the complete home gymnasium helps you get fitter faster than you ever dreamed possible

Olympic stars, top footballers, World Champions, Mr. Universe [unintelligible] over 3 million men worldwide all [unintelligible]

So confident are we that Bullworker X5 can do it for you in only 5 easy, pleasant minutes each

day that we say: TRY THE 14 DAY POWER-RELEASE PROGRAM YOURSELF...

In your Free 14 day Trial the Bullworker's

In your Free 14 day Trial the Bullworker's program of 6 proven POWER RELEASES will help you U-N-L-O-C-K your full power potential. Add up to 4% [unintelligible] Rebuild damaged muscles. Trim [unintelligible]

Choose your own tailor made program

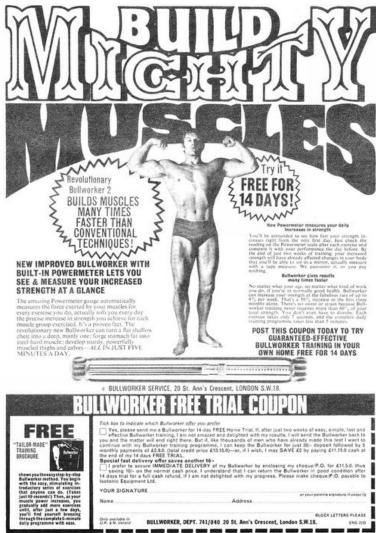
You can choose parts of your body you want to build up...which you want [unintelligible] and you can maintain [unintelligible] each week.

SEE, FEEL, MEASURE your success on Bullworker's POWERMETER – or you pay nothing

You didn't need to send one penny. We give you all you need to fully test Bullworkr for 14 days — including the terrific 96 page book FITNESS TRAINING — yours to keep FREE even if you return your Bullworker. When you [unintelligible]

Build MIGHTY MUSCLES

Revolutionary Bullworker 2 BUILDS MUSCLES MANY TIMES FASTER THAN CONVENTIONAL TECHNIQUES!



TRY IT FREE FOR 14 DAYS!

NEW IMPROVED BULLWORKER WITH BUILT-IN POWERMETER LETS YOU SEE & MEASURE YOUR INCREASED STRENGHT AT A GLANCE

The amazing Powermeter gauge automatically measures the force exerted by your muscles for every exercise you do, actually tells you

every day the precise increase in strength you achieve for each muscle group exercised. It's a proven fact. The revolutionary new Bullworker can turn a flat shallow chest into a deep, manly one: forge stomach fat into steel-hard muscle: develop sturdy, powerfully muscled thighs and calves – ALL IN JUST FIVE MINUTES A DAY.

New Powermeter measures your daily increases in strength

You'll be astounded to see how fast your strength increases right from the very first day. Just check the reading on the Powermeter scale after each exercise and compare it with your performance the day before. By the end of just two weeks of training, your increased strength will have already affected changes in your body that you'll be able to see in a mirror, actually measure with a tape measure. We guarantee it, or you pay nothing.

Bullworker gives results many times faster

No matter what your age, no matter what kind of work you do, if you're in normally good health, Bullworker can increase your strength at the fabulous rate of up to 4% per week. That's a 50% increase in the first couple months alone. There's no sweat or strain because Bullworker training never requires more than 60% of your total strength. You don't even have to disrobe (?). Each exercise takes only 7 seconds, and the complete daily training program takes less than 5 minutes.

POST THIS COUPON TODAY TO TRY GUARANTEED-EFFECTIVE BULLWORKER TRAINING IN YOUR OWN HOME FREE FOR 14 DAYS

Introductory Training Plan

It's Easy, Fast, Effective and All It Takes Is 70 SECONDS A DAY



Unless you're already in peak physical shape, you can ensure maximum muscle growth by following these simple introductory training recommendations:

1. During the first week of training, perform only the seven exercises illustrated on this page. Each exercise of this super-effective introductory series is designed to concentrate on a different muscle group. Perform each one daily during the next week, and you'll begin to see the amazing improvements that will prepare your body for the expanded, advanced muscle-building sequences to come. You can add exercise no. 1 from the Bullworker Booklet if you want extra help in trimming off excess fat around the middle. Don't be over eager. Start

your training slowly. Perform these seven introductory exercises only, no more.

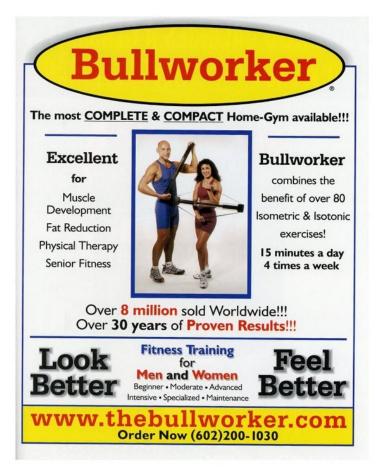
- 2. Take your measurements, NOW, before performing even the first exercise. Measure your chest when expanded and your biceps when flexed. Enter the figures in the special Weekly Progress Chart on the last page of this letter. Then measure yourself again at the end of the second week. You'll be amazed by the results you achieve...and we want you have to the proof in writing!
- 3. Concentrate on better performance every day. Don't strain: 60% to 70% of your strength is all it takes to achieve maximum muscle growth. Check the reading on the Power Meter scale after you do each exercise, and enter the readings on the Power Chart on the last page of the letter. Make sure you make a note of all seven readings every time you train. It's not objectively easv to always see improvements in a mirror...but the Power Chart will give you an exact, scientifically measured evaluation of your increasing muscle strength from day to day!
- 4. Don't rush your training. It's important to make sure you maintain each contraction for a full six to eight seconds. Check the timing of each exercise against a clock with a second hand.

A "week of training" consists of five or six workouts in a seven-day period. If, for any reason, you should miss three or more days of training in a row, start the "week" over again.

During the second week, continue to perform the seven basic exercises...and add three new exercises from the Bullworker Booklet every day. The first day of the second week, you should perform 10 exercises (the basic seven plus three new ones): the second day you should increase to 13, etc. By the last day of the second week, you should be performing all 24 exercises in the Booklet.

At the end of the introductory two-week period, take your new measurements and take a good look at your body in a mirror. You'll be amazed that such a quick, easy, non-tiring method could produce positive results so fast! And believe us, that is only the beginning.

Bullworker - The Most COMPLETE & COMPACT Home-Gym Available!!!



Look Better

Fitness Training For Men and Women

Beginning Moderate Advanced Intensive Specialized Maintenance

Feel Better

www.thebullworker.com Order now (602) 200-1030

Excellent for...

Muscle development

Fat Reduction

Physical Therapy

Senior Fitness

Bullworker combines the benefit of over 80 isometric & Isotonic exercises!

15 Minutes a day 4 times a week

Over 8 million sold Worldwide!!!

Over 30 years of Proven Results!!!

WHEN WERE YOU LAST **REALLY FIT?**

AN EXPERT TELLS YOU **HOW TO GET BACK IN** SHAPE



Even if you're not particularly interested in building he-man muscles, you owe it to yourself to keep your body fit. It's a sad fact of today's life that many men ignore this point and end up regretting it when they find they've become "old men" long before their time. Thanks to modern exercising tech-niques, "keeping fit" is now easier than ever. John Texier, Meaning and leading fitness capabilet July wan how ce and leading fitness specialist tells you how





Even if you're not particularly interested in building he-man muscles, you owe it to yourself to keep your body fit. It's a sad fact of today's life that many men ignore this point and end up regretting it when they find they've become "old men" long before their time. Thanks to modern exercising techniques, "keeping fit" is not easier than ever. John Texler, Mr. France and leading fitness specialist tells you how.

Q. What does fitness mean?

A: For normally healthy people, fitness is a simple matter of maintaining muscle long through exercise. In other words - using your muscles often enough and hard enough to keep them healthy and trim.

Q: How does lack of fitness show up?

A: The answer depends on how old you are. If you're still in your teens or early twenties, it's largely a matter of physical development. Young men with pipe stem arms, caved in chests, drooping shoulders or bird like legs aren't fit. When you're a little older, the first signs are usually a roll of fat around the middle and a lack of pep and energy. After 40, the whole body tends to become flabby.

Q: Can sports keep me fit?

A: Yes, indeed, if practiced regularly and for long enough periods. Swimming, jogging, gymnastics, tennis, handball, squash, skiing can all help keep you in top condition provided you practice the sport for at least an hour three or four days a week - every week.

Q: Isn't there an easier way?

A: Yes, there's an outstanding home training method which I use and recommend. It's fast, easy and guaranteed to give results.

Q: What's it called?

A: Bullworker training. It's based on Isometric techniques which have been proven to increase strength three times faster than sports or conventional calisthenics. In my opinion, it's the most advanced training system on the market today.

Q: How long does it take?

A: The 7-exercise introductory program requires only 70 seconds of exercise per day. The complete advanced training program takes about 5 minutes.

Q: When do the results start?

A: Right from the very first day, The Bullworker is fitted with a built-in measuring device which shows you exactly how much progress you make every day. And the results can be very impressive – up to 4% more strength per week, up to 50% improvement in the first three months. I've seen many men go on to double and even triple their strength.

Q: How long does it take to see visible results?

A: From 10 days to three weeks depending on how well you train and how regularly. Each new week brings even more impressive results.

Q: But it's hard work, isn't it?

A: Not at all. The whole point of Isometrics is that by "exercising" for only 7 seconds at a time, you avoid the excess muscle strain and fatigue of "crash" training programs which often do more harm than good. Bullworker training is gauged to each user's personal potential.

Q: Is there an age limit?

A: General speaking, men between 15 and 65 in good general health can expect to benefit from fitness and strength building training. Young men should use Bullworker to improve their muscular development: broad, powerful shoulders – rippling biceps – a deep, manly chest tapering down to a slim waist and hips supported by muscular, contoured thighs and calves.

Men in their thirties should use Bullworker to maintain peak physical form and for toning-up the muscles of their abdomens, chest, shoulders and upper arms. After 2 or 3 weeks, you'll probably see muscles you didn't even know you had.

From 45 on, Bullworker should be used to regain and maintain a youthful vigorous body that belies the passing years. I've seen lots of Bullworker users in their fifties with more energy, power, and vigor than many younger men.

Q: How can I find out more about the Bullworker and perhaps actually try it out?

A: I understand that the American distributor is now offering the Bullworker on a two-week free home trial basis in order to give as many men as possible a chance to prove to themselves what an outstanding fitness trainee it is. If you're interested in getting back into shape fast, I recommend you contact the distributor for full details.

BULLWORKER-2 - "World's Most Popular Isometric Exerciser"



DEALERS GET THE FACTS!

SEND FOR YOUR FREE CATALOG TODAY!

Builds and tones muscles when used daily as directed...as little as 6-8 seconds per exercise once a day is all it takes!

Only 60% of your strength required to obtain noticeable results

Strength increases up to 4% weekly may be realized following simple exercises.

Unconditionally guaranteed for 5 yrs.

Traction ropes allow user to perform many weight lifting exercises in addition to isometrics.

Now featuring **the built-in powermeter** to measure daily progress

Full color exercise wall chart with each exerciser.

See us at NSGA, Booths 3440-3441

MARGRACE CORP. SPORTING GOODS DIV C & CHESTNUT STREETS MIDDLESEX, NEW JERSEY 08846

GIRLS ARE ATTRACTED TO MEN WHO LOOK FIT!



HOW DO <u>YOU</u> RATE?

- Broad shoulders
- Rippling biceps
- Muscular chest
- Vigorous look
- Trim waistline
- Powerful legs

Here's exciting news for men everywhere who would like to develop a strong, muscular body but who don't have the time or energy to spend hours every day performing strenuous and boring conventional exercises. Whether you're 20, 40 or even 60 years old, an amazing new Isometric-Isotonic exerciser called the

Bullworker 2 guarantees to tone up your body to maximum health, strength and fitness in just five minutes a day or you pay nothing.

It's a fact! The Bullworker can transform a flat, shallow chest into a broad, manly one; turn thin, weak arms and legs into sturdy and muscular pillars of strength. It can improve your carriage, the way you walk and hold yourself, strengthen your back, your stomach, your neck and shoulders, your thigh and calf muscles – all at the fantastic rate of 4% per week. That means a 50% improvement in just three months!

In no time at all you'll have greater strength, endurance and drive, a vastly improved muscular development and much more energy. You'll be looking and feeling "in the pink", pulsing with youthful vigor and power. Prove it to yourself at no cost.

PROVE IT TO YOURSELF

14 Days Free Trial

We invite you to use the Bullworker for two weeks in your own home at our expense. Without cost or obligation of any kind, write today for the FREE 24 page illustrated booklet and full details of this exciting offer that can change your life.

Step Out Of The Shadows With a BULLWORKER Body YOU Can Be Proud Of—



Bullworker is the fastest, easiest and most effective body building exerciser available. Millions of fitness conscious men all over the world have built power packed bodies with

Bullworker. It has worked for them. It can work for you.

BULLWORKER BEFORE AND AFTER TEST

Check your muscle measurements now and then again after your 14 day FREE Bullworker trail. You'll be amazed...and those new muscles mean new strength...up to 4% improvement in three months. Some men go on to even double their muscle power!

The fantastic results you get will astound you...and your friends. You'll forge steel-hard muscles in every part of your body...powerful biceps...massive thighs...rippling shoulders and a firm taught stomach.

ARE YOU ASHAMED TO SHOW YOUR BODY?

Let the famous BULLWORKER make a new man of you in just a few minutes a day



New improved BULLWORKER guarantees the fastest results – or you pay nothing.

The new improved design BULLWORKER [unintelligible] you that

physique **THREE** TIMES real-man **FASTER** than other sports or conventional methods. use BULLWORKER [unintelligible] bν [unintelligible] following the BULLWORKER "muscle power" program you will from the word "go" feel a fantastic difference. In fact. [unintelligible] confident are we of BULLWORKER that we issue the following challenge.

Use Bullworker for only minutes a day for 14 days. If you do not think you feel better, finer with [unintelligible], in your mirror, return the Bullworker and pay NOTHING.

Thousands prove BULLWORKERs fantastic body building power.

All over the world you'll find that the use **BULLWORKERS.** fittest men Sportsmen [unintelligible], they're convinced of Bullworker's strength AND SO ARE THOUSANDS OF OTHER MEN WHO TOOK UP BULLWORKER CHALLENGE who are more CONFIDENT, HAPPIER than ever before. GET YOUR BULLWORKER NOW!

"HOW BULLWORKER CHANGED MY BODY AND MY LIFE!!!"



What Bullworker did for Kev it can do for you. *Prove it for yourself at no cost!*

Allow 14/28 days for delivery.

Use a BULLWORKER free for 14 days [No need to send any money]. Put in just a few minutes EASY, NON-TIRING movements each day. If you don't look and FEEL TOUGHER, STRONGER, MORE MASCULINE...if you haven't achieved MUSCLE INCREASES you can SEE and MEASURE with a tape...just send the Bullworker back and let's forget the whole thing.

But if you're as thrilled with the results of just those few days' training as we're sure you will be, then the Bullworker's yours for a lifetime of physical fitness and husky masculinity...and all for just the few low monthly installments you'll find mentioned in the coupon.

You've nothing to lose. Join the ranks of the MILLIONS of "walking powerhouse" guys the world over who owe their fitness to this amazing piece of scientific equipment. There's no sweat or strain, and no risk. Don't miss out. Send in that coupon today.

Build a Powerful Body Like I Did in 5 Minutes a Day



Challenge!

Try a few minutes workout with Bullworker every day for 14 days. If after that time you do not LOOK and FEEL stronger, tougher more dynamic, simply return the Bullworker to use and your home trial will not have cost you a penny.

TRY BULLWORKER FREE

SEE AND MEASURE YOUR RESULTS IN JUST TWO WEEKS OR YOU PAY NOTHING!

Just five minutes a day of super-effective Bullworker training is all it took for Fred Aurnat to develop power-packed muscles: massive 16" biceps, broad 56' shoulders, deep and manly chest (48") tapering down to a firm muscular 31" waist and sturdy 24" thighs. What Bullworker has done for Fred and tens of thousands like him, it can do for you.

PROVE IT TO YOURSELF AT OUR

EXPENSE From your first work-out you'll feel your muscles springing back to life. Day after day you'll see your strength increase on the built-in Powermeter. After just two weeks you must be able to feel, see and actually measure your improvement or you won't owe us a penny. Post coupon for Free Trial.

WHEN WERE YOU LAST REALLY FIT

EXPERT ADVICE ON GETTING BACK IN SHAPE



It's a sad fact of life today that many men fail to keep their bodies fit – and end up 'old men' long before their time. Now, thanks to modern exercising techniques, keeping fit is easier than ever. Let a leading fitness specialist tell you all about it.

Q: How does lack of fitness show?

A: Young men with their drooping shoulders and caved in chests are certainly not fit. In the thirties, the first signs are rolls of fat around the middle and a general lack of energy. After 40, the body tends to become flabby.

Q: Can sports keep me fit?

A: Only if practiced for an hour, three or four days a week every week.

Q: Is there an easier way?

A: Yes, I recommend Bullworker training because it's easy and gets results fast. It's based on isometric techniques which increase strength three times faster than conventional sports or calisthenics. In my opinion, it's the most advanced training system on the market today.

Q: How long does it take?

A: The 7-exercise introductory program requires only 70 seconds a day. The complete advanced program takes about 5 minutes.

Q: Is it hard work?

A: Not at all. You hold an isometric exercise for only 7 seconds at a time, using only 60% of your power. As your strength increases you move to specialized exercises – but your training always seems easy because you're in better shape every day.

Q: How long does it take to see visible results? A: Right from the very first day, Bullworker is fitted with a built-in measuring device which shows exactly how much progress you make every day, up to 4% more power a week, up to 50% in three months. I've seen men go up to double and even triple their strength.

Q: Is there an age limit?

A: Almost anyone between 15 and 65 will benefit. Young men can develop broad, powerful shoulders, rippling biceps and deep, manly chests. Men in their thirties can use Bullworker to tone up the abdomen muscles in addition to all other muscles. From 45 on, Bullworker can definitely help maintain energy and general fitness.

Q: How can I find out more about Bullworker?
A: The British distributor is now offering
Bullworker for a two week free home trial. If

For more great ads like this go to www.hardtofindads.com

you're interested in getting into good shape fast, I recommend you to contact them.

I Challenge You!

JACK SEILER TELLS HOW BULLWORKER MADE A MAN OF HIM



You can now develop the power-packed athletic he-man body you want BETTER and EASIER than ever dreamed possible. The revolutionary Bullworker is the most startling innovation in scientific muscle-building equipment, makes unparalleled muscle gain possible in [unintelligible] results you can

actually see and measure on the built-in Powermeter – starting with your very first workout.

THESE RESULTS OR PAY NOTHING. A grip of iron...biceps and forearms that bulge with strength...broad powerful shoulders...a [unintelligible]...a "V" shaped back tapering down to a trim waistline...[unintelligible] legs and thighs that pulse with strength and vigor the isotonic/isometric principle has been proved by scientists to get results three times GREATER than ordinary training. After just two weeks you must be able to see and actually measure your results or you pay nothing. Accept our challenge, prove it to yourself. Post coupon today for free home unit. No obligation to buy anything. No salesman will call.

BULLWORKER Made Me Tough...But That Was My Secret



Gain respect through muscle power-in 14 days BULLWORKER can help you to look and feel fitter, stronger and more powerful

In the privacy of your own home, you can build a body they'll respect – be more assured, selfconfident, powerful! Try Bullworker for 14 days – we promise results you can see and feel – if you are not convinced, simply return the Bullworker and own nothing!

Why is the Bullworker method so fast!

Bullworker is the world's best-selling bodybuilder, because it works for men of all builds giving them their **FINEST** possible physique in the **FASTEST** possible time – all without strain! The exercises take only 7 seconds each and work on the principles of Isometric/Isotonic contraction. (This revolutionary method makes any additional effort a waste of time.) Even the full program takes only 5 minutes a day!

That's incredible. Using the amazing principles of Isometric/Isotonic contract, Bullworker can produce **RESULTS THREE-TIMES FASTER** than conventional methods of exercise. Thousands of men all over the world have written to testify to the amazing results they have achieved with Bullworker.

Will it work for me?

YES! Use the Bullworker in your own home FREE FOR 14 DAYS. See and feel the results we've promised. YOU can be the fit man, the one that stands out in a crowd. YOU can be the man who wears his clothes well, radiates energy and zest for living!

Regular exercise helps to relieve the tensions and stress of modern life, and the FIT man is more relaxed. YOU CAN BE THAT FIT MAN. YOU CAN have a super self-confidence. Get back into shape now with Bullworker – the nononsense way to build a dynamic muscle-packed body FAST get it today! FILL IN THE FREE TRIAL COUPON NOW!

ARE YOU ASHAMED TO SHOW YOUR BODY?



Be honest...is yours the body that girls notice and admire [unintelligible] come on, show everyone you're a REAL MAN! Isn't it time you stopped kidding yourself? Flab on a man is not attractive...it shows you're out of condition and look about as manly as a wet blanket. DO SOMETHING ABOUT IT RIGHT NOW!

Let the Famous BULLWORKER make a new man of you in just a few minutes a day

New Improved Bullworker Guarantees the Fastest Results – or You Pay Nothing

The new improved design BULLWORKER can give you that real-man physique THREE TIMES FASTER than sports or other conventional methods. Use BULLWORKER in the privacy of your own home...by following the amazing BULLWORKER "musclepower" program you will from the word "go" feel a fantastic difference!

In fact, so confident are we of new improved BULLWORKER that we issue the following incredible challenge...

Use Bullworker for only minutes a day for 14 days. If you do not look and feel better, fitter, with results you can measure and actually see in your mirror, return the BULLWORKER to us and PAY NOTHING!

Thousands prove BULLWORKER'S fantastic body-building power

All over the world, you'll find that the fittest men are BULLWORKERs. Sportsmen like footballer Peter Shilsam, boxer Muhammad Ali, cyclist Eddie Mencit...they're convinced of Bullworker's strength AND SO ARF THOUSANDS OF OTHER MEN WHO TOOK UP THE BULLWORKER CHALLENGE...who are now CONFIDENT, HAPPIER than ever before, GET YOUR BULLWORKER NOW!

MUSCLES By The MINUTE

YES – JUST MINUTES A DAY IS ALL IT TAKES WITH THE BULLWORKER



Read the challenge at the bottom of this ad. We mean it – RESULTS you can see and measure in only 14 days with the most amazing piece of body building apparatus ever devised – OR YOU PAY NOTHING.

Then go on to pack as much muscle on your body as you want and where you want it. Massive shoulders...mighty forearms...rippling 'washboard' abdomen...a body women admire and men respect – quicker and easier than you ever dreamed possible. And with such a body must come new confidence, new dynamism for work and play.

Return the coupon NOW. Remember – no purchase obligation. Your money back if not thrilled. Millions of men all over the world use it – top athletes and Mr. World title holders recommend it. *Allow 14/28 days for delivery.*

Challenge

Try the Bullworker for a few minutes a day for 14 days. If you do not feel and look fitter with results you can measure and see in your mirror, just return and that will be that. In fact we guarantee RESULTS in 14 days OR YOU PAY NOTHING

Try BULLWORKER Free, In Your Own Home, Without Paying a Penny!

Why Be a Shadow Of The Man You Could Be?



A 2 minute Bullworker workout daily will pile on layer after layer of steel-hard muscle...or you owe nothing.

JUST imagine being transformed in a matter of weeks...chiseling steel hard muscles out of flab...developing broad, manly shoulders...building a manly chest...all with under two minutes exercise daily.

Until the scientific discoveries that led to Bullworker, this sort of thing was just a dream. But now, it's possible. Using a series of seven second exercises which only require 60% of your strength, you really do transform your physique, faster than you ever dream possible.

Does it really work?

Here's the only proof that counts.

If you can't see results in your mirror, measure results with a tape measure, see your strength growing on the unique Bullworker powermeter...all in the space of just fourteen days than –under the terms of our no-risk free trial – you pay us nothing.

And, let's face it, that's the only proof that counts. Proof you can see and measure yourself, at our risk.

Skinny no-hopers transformed into real men, faster than you would ever believe possible – 80% stronger in under 6 months

It doesn't matter how skinny, how flabby, how out of condition you are. Bullworker training can work.

All over the world you'll find that the fittest men are BULLWORKERS.

Sportsmen like footballer Peter Shifton, boxer Muhammad Ali, cyclist Eddier Mercks...they're convinced of Bullworker's strength, AND SO ARE THOUSANDS OF OTHER MEN WHO TOOK UP THE BULLWORKER CHALLENGE...who are more CONFIDENT, HAPPIER than ever before GET YOUR BULLWORKER NOW

A complete fitness program. Body, lungs, muscles...feel better than you ever felt in your life!

Bullworker training can affect every part of your body. Your entire circulation, your breathing, your overall sense of confidence...everything improves. If, within 14 days of starting your free trial, you don't feel better, look better than you ever felt in your life...the trial costs you not one penny.

Tomorrow is the first day of the rest of your life. So, don't hesitate. Act now.

Why remain a shadow of the man you should be? Bullworker can do that work for you as it has for countless thousands around the world. Accept the free trial offer now.

Build Up Your Image...



Bullworker gives you added strength and firmer muscles! See and feel the different in days!

So confident are we that we give you this 14 day trial offer FREE!

Let BULLWORKER help you build yourself a powerful new body...powerful...now with bulging biceps and muscular shoulders a broad he-man chest and a trim [unintelligible] thighs and [unintelligible]

Now you can laugh at skinny weaklings

YOU CAN HAVE A POWER-PACKED BODY IN JUST 5 MINUTES A DAY!



[unintelligible]

Scientific Isotonic Principles

[unintelligible]

Be a New Man!

[unintelligible]

WHICH OF THESE MEN DO YOU RESEMBLE MOST?



Get yourself a powerful he-man body – results you can see in only 14 days or you pay nothing!

Fitness expert reveals how these 7 exercises can build you a power-packed body in exactly 49 seconds a day!

[all unintelligible]

THE WORLD FAMOUS BULLWORKER 2 - As Used By Champions



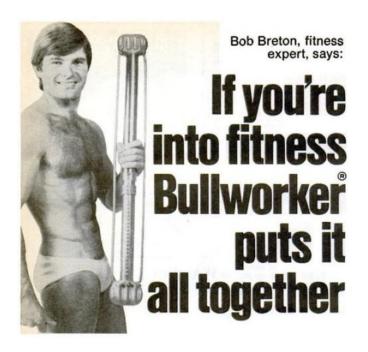
Build yourself up with Bullworker...a flat trim waist, powerful arms and shoulders, broad chest and strong thighs. All this can be yours, father than you ever imagined

Helps you build yourself a new body.

- Gives added strength
- Firms and tones muscles
- See the difference in a few days.

[unintelligible]

Bob Breton, Fitness Expert, Says: If You're Into Fitness Bullworker Puts It All Together



NEW Bullworker Super X5 GIVES 100% MORE POWER RANGE



Now, THE LATEST MODEL OF WORLD'S TOP FITNESS TRAINER

Bullworker Super X5, almost a complete home gymnasium [unintelligible]

NEW BULLWORKER Super X5 gives you TWICE the strength and [unintelligible] results you SEE, FEEL and MEASURE.

Now, you can choose which parts of your body you want to BUILD UP, which you want to TRIM DOWN.

[unintelligible] SOLID MUSCLES. Pack power into a lithe waist, [unintelligible]

Weightlifting Champion Reveals How



These 7 exercises can build you a power-packed body in exactly 49 seconds a day!

Free brochure reveals amazing shortcut to weightlifter's physique without weights...
[unintelligible]