

Workout Manual



This manual is intended to be used
with the accompanying DVD.

FEATURING

Shay Kostabi,
*Your Certified**
Go Barre
Instructor

GO BARRE

Ballet Barre Inspired Workout

*Raise the barre with targeted
workouts to sculpt, tone and
get that lean dancer's physique!*



**International Master Trainer, ABT Certified Barre Instructor
and ACE Certified PT and Movement Specialist*

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Read all information before use.
Serious injury or fatality may occur.

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult-with and are cleared-by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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WARNING



Read all information before use.
Serious injury or fatality may occur.

USAGE & MAINTENANCE

- The Go Barre, Core Ab Ball, and Flatband are not a toy; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- Do not use the Go Barre, Core Ab Ball and Flatband for anything other than it's intended exercise purpose.
- Do not attempt any type of gymnastic movements on the Go Barre. Use only as shown/illustrated/intended.
- **ALWAYS** inspect the Go Barre before every use for loose screws or other damage. If you find any cracks or damage, discontinue use immediately and contact GoFit.
- Always inspect Flat Bands before every use. Discontinue use if Flat Bands become nicked or torn.
- Always inspect your Core Ab Ball before each use for any damage. Also check for wear and tear that may compromise product performance. Discontinue use if any damages are detected.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- The Go Barre, Core Ab Ball and Flatband could pose a hazard to children and pets, therefore must **NEVER** be left unattended. To avoid accidents, store the Go Barre, Core Ab Ball and Flatband out of the reach of children when not in use.

- GoFit, LLC is not responsible for any personal property damage that may occur while using the Go Barre, Core Ab Ball and Flatband or any object coming into contact with the Go Barre, Core Ab Ball and Flatband.
- Make sure you have adequate clearance in the area around the Go Barre where you are using it. It should be a clean, level surface. Avoid using Core Ab Ball and Flatbands on rough or abrasive surfaces.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Go Barre, Core Ab Ball and Flatband are not recommended for use during pregnancy.

MAINTENANCE AND CARE

- Your Go Barre, Core Ab Ball, and Flatband can be cleaned using a soft cloth with warm water. Allow to fully dry before storing. **DO NOT** use abrasive or chemical cleaners.
- **DO NOT** store the Go Barre, Core Ab Ball, and Flatband outdoors.
- Keep the Go Barre, Core Ab Ball, and Flatband out of direct sunlight. The Go Barre should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.

GO BARRE ASSEMBLY INSTRUCTIONS

Parts – Before you begin, carefully unpack all Go Barre components; confirm that you have all parts and hardware:

Parts:

- A) 2 Leg Bases
- B) 2 Legs
- C) 2 Adjustable Inner Legs
- D) 1 Wood Barre
- E) 2 Adjustment Knobs

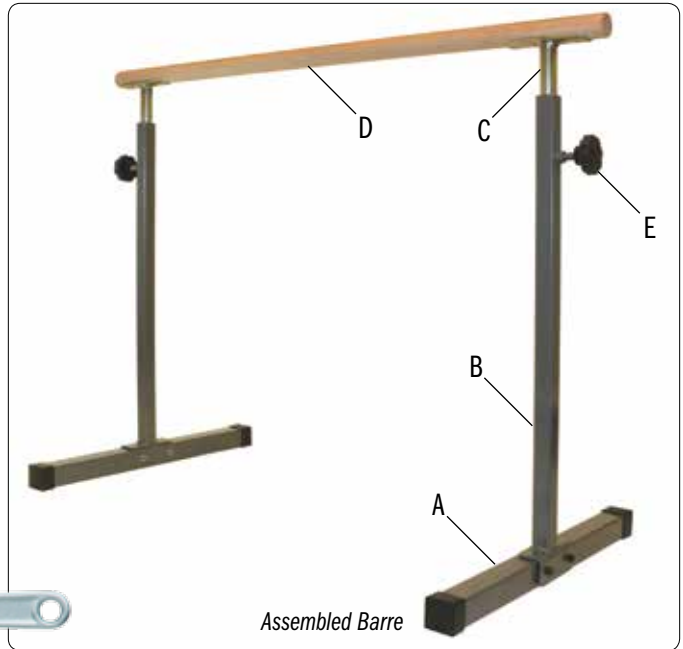
Hardware:

- F) 4 Long Bolts
- G) 4 Short Bolts
- H) 8 Washers
- I) 8 Hex Nuts
- J) 1 Allen Wrench Tool



Additional tool required –

Adjustable or hex-type wrench:



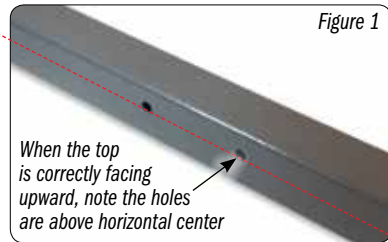
GO BARRE ASSEMBLY INSTRUCTIONS

Assembly –

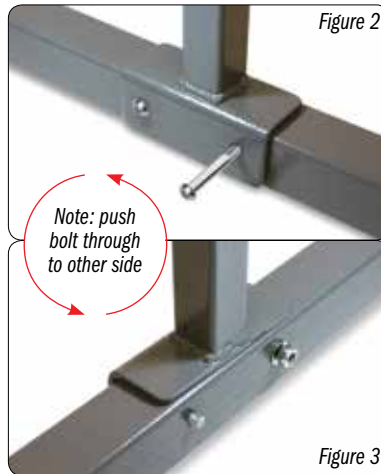
Before assembly, be sure you have ample space, on a strong, solid floor to assemble your Go Barre, and perform your workout.

Assemble one leg-assembly at a time:

1) Lay one Leg Base horizontally on floor, with topside facing up—this is indicated by the side holes being above center. (figure 1)



2) Place one Leg onto Leg Base—aligning the Leg's bracket holes with the Leg Base holes. Slide Long Bolts into holes, passing them through to come out the other side. (figure 2)



3) Place a Washer, then a Hex Nut onto each bolt end as shown in Figure 3. Use the Allen Wrench and Adjustable Wrench to tighten both nuts snugly onto the bolts.

4) Repeat steps 1-3 for other leg assembly.

5) Slide an Inner Leg into each leg. Figure 4.

6) Screw-in Adjustment Knobs on the **outer** side of legs. Figure 4.

7) Attach Wood Barre to the bracket of each Adjustable Inner Leg, one at a time. Place Wood Barre onto the bracket, aligning the holes with inset holes of Wood Barre facing up. Slide Short Bolts down through holes so ends go through bracket holes and bolt heads counter-sink into top inset holes as shown in Figure 5. Tighten both nuts snugly onto bolts. Repeat step 7 for the other side.



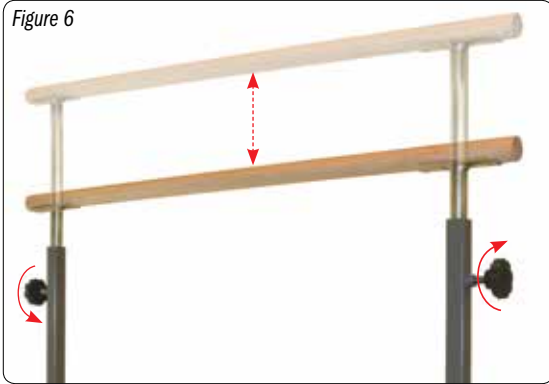
GO BARRE ASSEMBLY INSTRUCTIONS

Height Adjustment –

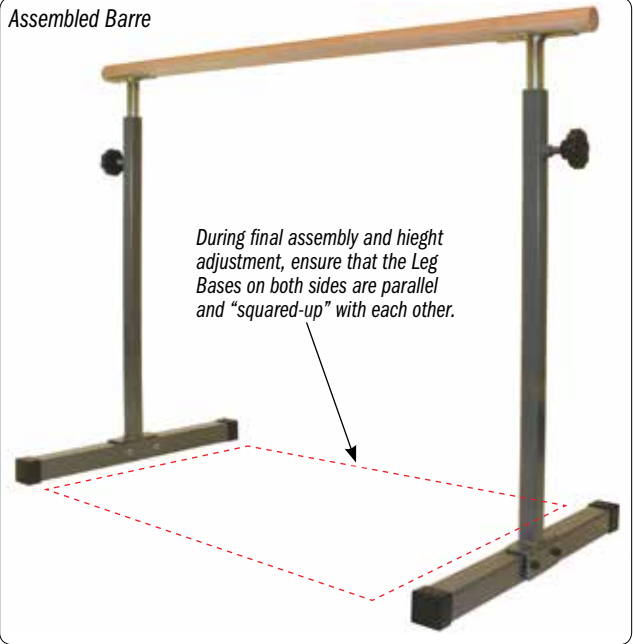
The height of the barre is fully adjustable from 36" to 54" (91cm to 137cm)—measured from the floor, to the top of the Wood Barre.

To adjust the barre height, simply slide the assembled barre upward or downward to your desired height as shown in Figure 6. While keeping the barre parallel to the floor, tighten the adjustment knobs by screwing each to the right.

Figure 6



Assembled Barre



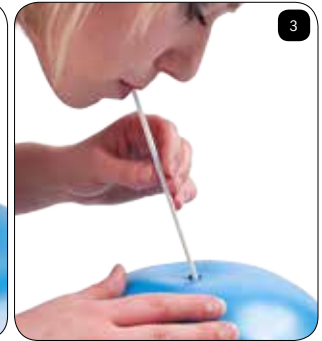
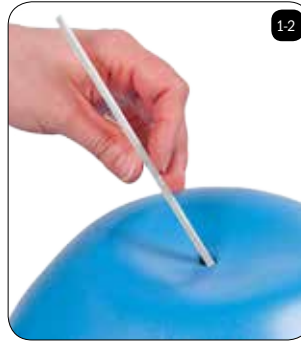
CORE AB BALL INFLATION INSTRUCTIONS

INFLATION:

To inflate your Core Ab Ball follow these simple steps:

- 1-**Locate the inflation hole on the ball. Remove the ball plug (if it is in place).
- 2-**Place the inflation tube (included) into the hole.
- 3-**Using your mouth, blow up the ball until it is firm.
- 4-**Once inflated, place your thumb or finger over the hole, then quickly insert the ball plug all the way into the hole.
- 5-**Your ball should be firm, but “give” when you squeeze it lightly.

Note, do not use an air compressor to blow up your ball.





WORKOUT GUIDELINES

Always start at a level that will allow you to complete all the recommended reps and sets as described on the DVD.

The following guidelines are intended to help you exercise at your current level of ability. For more detailed instruction, please refer to the included DVD.

Perform 2-3 sets of 12-16 repetitions per exercise according to your level of ability. Repeat this workout 2-3 times per week with at least 24-hours between sessions.

TIPS

- Never sacrifice proper form.
- Discontinue if you feel undue pain.
- Start with the easier option of the exercises then build up to the more advanced alternatives with time.
- Listen to your body and take breaks when needed.
- Have a towel and water bottle ready.
- Breathe. Your muscles need oxygen. Think “exhale on the exertion.”
 - Inhale when the muscle lengthens.*
 - Exhale when the muscle shortens.*
- Stretch upon completion.



GO BARRE EXERCISE

Parallel Thighs—Half Travel



POSITION - Gently hold on to the Go Barre for stability, keep your toes together and pointing forward. Rise to the balls of your feet and keep your back straight.



MOVEMENT - Softly bend your knees, lower yourself halfway down keeping your thighs together, and press yourself back up to starting position.

Single Leg Half Travel: Extend one leg out in front of you, perform the same movement, and repeat on your other leg.

Single Leg Half Travel





GO BARRE EXERCISE

Knee to Chest—Ab Curl



POSITION - Gently hold on to the Go Barre at arms distance for stability. Rise to the balls of your feet, soften your knees while keeping your back straight, and extend one leg out in front of you.



MOVEMENT - Arch your back, pull your navel to your spine, and bring your knee towards your forehead then extend back to starting position. Repeat on your other leg.



GO BARRE EXERCISE

Wide Second—Half Travel



POSITION - Gently hold on to the Go Barre for stability, point your toes outward, rise to the balls of your feet with your heels pressed together while keeping your back straight.



MOVEMENT - Bend your knees halfway, find your "diamond shape", then press yourself back up to starting position.



GO BARRE EXERCISE

Full Range Leg Lifts



POSITION - Make sure your chest is in line with the Go Barre. Place your forearm opposite of the working leg on the barre and position your other arm at a 90° angle while gently holding onto the barre.



MOVEMENT - Lift your leg up so it is in line with your hips, then gently lower your leg and barely tap the floor with your big toe. Flip position and repeat on the other side.

Advanced Options: Rise up on the ball of your foot on the standing leg as you perform Leg Lifts.



GO BARRE EXERCISE

Lateral Lift–Bend Through Extend



POSITION - Make sure your chest is in line with the Go Barre. Place your forearm opposite of the working leg on the barre and position your other arm at a 90° angle while gently holding onto the barre.



MOVEMENT - Lift your leg out to your side so it is in line with your hips and parallel to your Go Barre. Wrap your leg behind you towards the opposite wall then return to starting position. Flip position and repeat on the other side.



GO BARRE EXERCISE

Standing Oblique Crunch

POSITION - Extend your foot closest to the barre underneath and extend your opposite arm out long to make a "half x" position while lightly holding onto the barre with your other hand.

MOVEMENT - Curl forward, pull your knee and opposite elbow together then extend your arm and leg back to the starting position. Repeat exercise on the other side.

Advanced Option: Rise up on the ball of your foot on your standing leg as you curl forward. Rest your heel back down as you extend your leg and arm.



Arabesque Oblique Crunch

Advanced: Full Arabesque Position



POSITION - From Standing Oblique Crunch position, carry your foot closest to the barre *behind* you and reach your opposite arm out forward while lightly holding onto the barre with your other hand. **Note:** *Full arabesque position (shown above) is a more advanced position. The easier option would be to slightly pitch your chest forward and barely touch your big toe of the working leg to the floor.*



MOVEMENT - Curl forward, pull your knee and opposite elbow together then extend your arm and leg back to the starting position. Repeat exercise on the other side.



GO BARRE EXERCISE

Wide Second—Elbow to Knee Pull

POSITION - With your side turned to the barre, stand with your legs hip width apart. Lightly hang onto the barre with the closest hand.

MOVEMENT - Reach your opposite arm overhead towards the barre and then lift up your knee as you bring your elbow down. Repeat exercise on the other side.



Bridge Lifts



POSITION - Lay on your back, face up. Bend your knees hip-width apart and place the Core Ab Ball between your knees. Raise your glutes and lower back off the floor. Position your arms out to your side with palms facing up.



MOVEMENT - While squeezing the Core Ab Ball with your knees, lower your glutes about an inch or two away from the floor, then press back up to starting position.



CORE AB BALL EXERCISE

Crunch



POSITION - Place the Core Ab Ball behind your lower back, bend your knees with feet hip-width apart. With your hands behind your head, lean back and point your elbows out.



MOVEMENT - Crunch up, then lower to starting position.



CORE AB BALL EXERCISE

Crunch with Arm Sweep



POSITION - Place the Core Ab Ball behind your lower back, bend your knees with feet hip-width apart. Lean back and extend your arms straight out to your sides.



MOVEMENT - Sweep your arms forward as you crunch up, and sweep your arms back as you lower to starting position.



CORE AB BALL EXERCISE

Oblique Crunch



POSITION - Place the Core Ab Ball behind your lower back, bend your knees with feet hip-width apart. With your hands behind your head, lean back and point your elbows out.



MOVEMENT - As you crunch up, twist your torso and raise your opposite leg to meet your elbow. Lower back to starting position, and repeat on the other side.

Oblique Twist



POSITION - Sitting up, bend your knees with feet hip-width apart. Extend your arms in front of you at a 45° angle while holding the Core Ab Ball.



MOVEMENT - Lean back, twist to one side and bring the Core Ab Ball to your chest as you bend your arms. Return to starting position and alternate to the other side.



CORE AB BALL EXERCISE

Double Crunch



POSITION - Place the Core Ab Ball between your knees, or like in the DVD, between your ankles. Lay with your back flat to the ground, hands behind your head with elbows pointing out, and your legs bent.



MOVEMENT - As you crunch up with both, upper and lower body, bring your elbows to your knees. Do not pull on the back of your neck with your hands as you crunch up.



FLATBAND EXERCISE

Lateral Lunge Diagonal Pull

POSITION - Wrap Flatband around both of your palms. Stand in a Wide Second position with your arms extended in front of you parallel to the floor.

MOVEMENT - Lunge to one side as you extend both arms out to your side on a diagonal. Go back to starting position. Repeat on the other side.





FLATBAND EXERCISE

Criss Cross Chest Press with Squat



POSITION - The Flatband will be positioned behind your back and wrapped around both of your palms. Stand in a wide second position with your arms extended out to your sides in line with your shoulders.



MOVEMENT - Bring your arms forward and criss-cross your hands as you squat and stand up. (*Squat is optional.*)

Overhead Press

POSITION - To set up for the Overhead Press, stand on Flatband with legs hip distance apart. Cross your right foot behind your left and lean back on the ball of the foot. Flip your left palm forward and bring your right arm up to a 90° angle with your palm facing forward.

MOVEMENT - Reach overhead with your right arm. Repeat with your other arm.

Option: Alternate Overhead Press (“up” arm), then a Bicep Curl with your other (“down”) arm.



Tricep Press



POSITION - Turn sideways to a long lunge. Stand on the Flatband with one foot and wrap each end of the Flatband around each palm.



MOVEMENT - Raise your elbow (opposite your standing leg) up to where it is in line with your shoulder. Press your palm towards the ceiling. Make sure you are pressing from the elbow, not the whole arm. Repeat with your other arm.

Criss Cross Glute Press



POSITION - On your hands and knees—bring both elbows to the floor. Raise your right leg and bend at a 90° angle. Point your big toe to the ceiling and keep your thigh parallel to the floor.



MOVEMENT - Cross your right leg behind your left leg, tap your knee to the floor, press your leg back up to starting position, then tap your knee to the inside of your left leg. Complete exercise on your right leg then repeat on your left side.

Glute Pulse Up



POSITION - On your hands and knees—bring both elbows to the floor. Raise your right leg and bend at a 90° angle. Point your big toe to the ceiling and keep your thigh parallel to the floor.

MOVEMENT - Press your toe to the ceiling while maintaining a 90° angle and release back to starting position. Complete exercise on your right leg then repeat on your left side.

Hydrant Elbow to Press



POSITION - On your hands and knees—bring your left elbow to the floor. Your right elbow will be bent at a 90° angle with your palm placed on the floor. Raise your right leg out to your side while maintaining a 90° angle (Hydrant Position).



MOVEMENT - Bring your knee to your elbow, then cross your leg behind you and press towards the opposite wall and return to starting position. Complete exercise on your right leg then repeat on your left side.

Lift Lower with Push Up (Seesaw)



POSITION - On your hands and knees extend your right leg behind you, keep your thigh parallel to the floor and lightly touch your big toe to the floor.





MOVEMENT - Bend your elbows back as you lower your chest to the floor and lift your extended leg at the same time. Press back up to starting position, making a seesaw movement. Complete exercise with your right leg then repeat on your left side.



GO BARRE

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<h1>WARNING</h1>	
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Go to www.gofit.net for product information.

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