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RESIST-A-CUFF



Training Manual



WARNING



IMPORTANT: Read & follow all warnings and information before using this product to reduce the risk of injury.

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WARNING

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, 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, the illustrations depicted in this program portray 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

- **ALWAYS** inspect the Resist-a-Cuff tube for nicks or cuts before every use. If any are found, discontinue use immediately.
- Use caution, and be sure you have adequate clearance in the exercise area. It should be a clean, level surface.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Resist-a-Cuff.
- **DO NOT** attempt gymnastic movements with the Resist-a-Cuff.
- **ALWAYS** use the product only as directed/shown/illustrated, for exercising purposes as intended.
- Exercises should be done in a slow and controlled manner.
- **ALWAYS** wear appropriate exercise clothing and footwear.
- **ALWAYS** keep out of reach of children; this product is not a toy. If allowing anyone under 18 years of age to use it for exercise purposes, they must have constant adult supervision.
- **NEVER** leave Resist-a-Cuff unattended, as it could pose a strangulation hazard to children and pets.
- **ALWAYS** consult your physician if intending to use this product during pregnancy.

MAINTENANCE AND CARE

- Clean your Resist-a-Cuff using a soft cloth with mild soap and warm water. Remove all residue and water before use.
- **DO NOT** use abrasive or chemical cleaners.
- Keep the Resist-a-Cuff out of direct sunlight. Product should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.

Workout Guidelines

The Resist-a-Cuff, ideal for toning and strengthening lower body muscles, is intended as only part of your total exercise regimen. As you advance, always improve your technique and form before increasing resistance level, repetitions or pushing your physical limitations. When first attempting any exercise, use caution while determining your physical limitations. Always start at a level that allows you to complete the recommended reps and sets.

TERMS:

Resistance: Increasing tube strength offers more resistance, which develops *muscular power*.

Duration: Increasing the number of exercise repetitions (reps) performed, develops *muscular endurance*.

Set: Increasing the number of exercise sets performed, develops *muscular strength*.

RECOMMENDED WORKOUT GUIDELINES:

Beginner: 2-3 times weekly

For all Resist-a-Cuff exercises.

PER EXERCISE: Do 1 set of 10 to 15 reps

REST: 30-seconds rest between each set

Intermediate: 3 times weekly

For all Resist-a-Cuff exercises.

PER EXERCISE: Do 2 sets of 10 to 15 reps

REST: 30-seconds rest between each set

Advanced: 3-4 times weekly

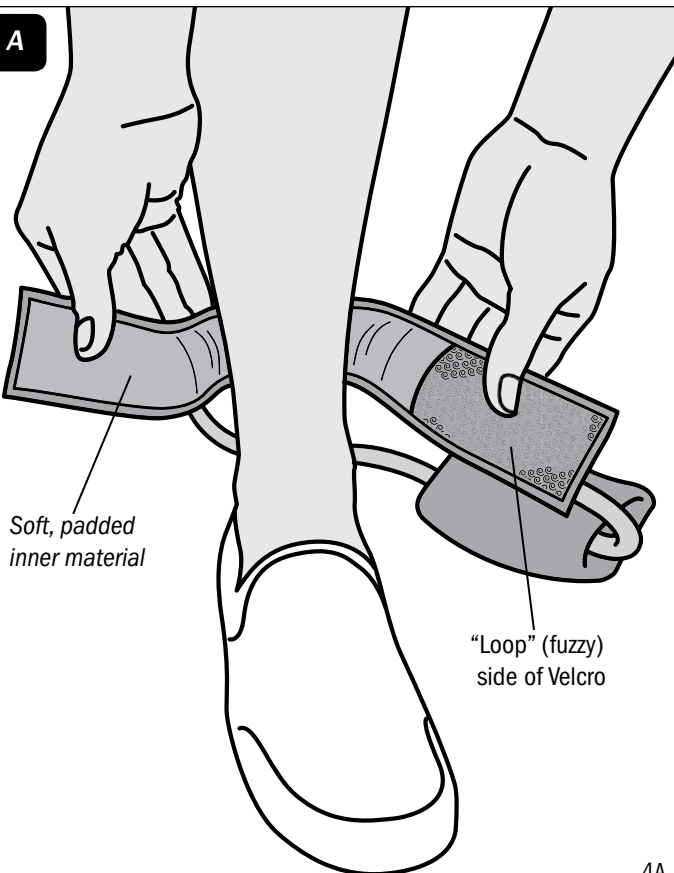
For all Resist-a-Cuff exercises.

PER EXERCISE: Do 3 sets of 15 to 20 reps

REST: 30-seconds rest between each set

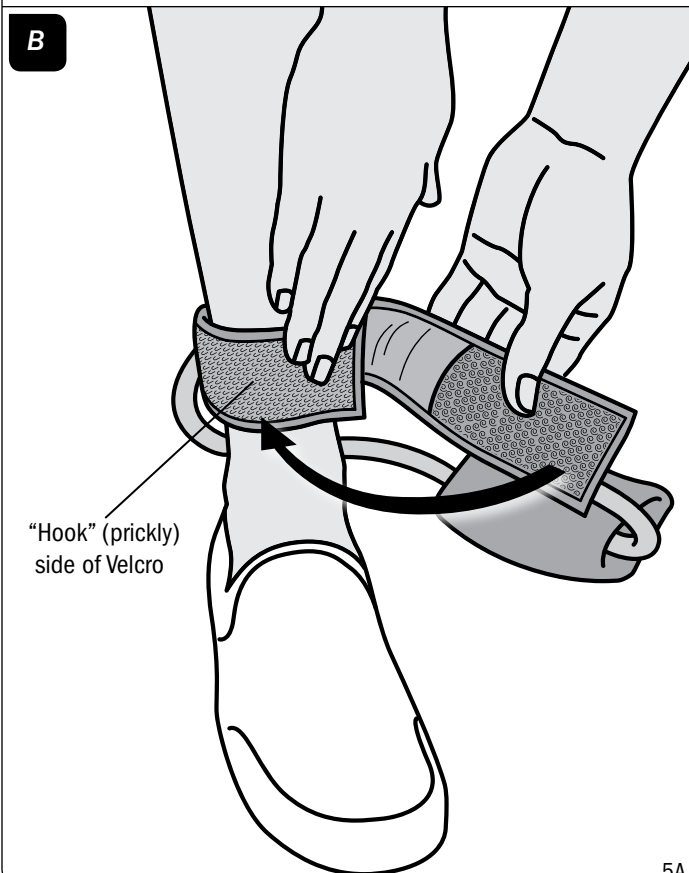
Attaching The Resist-a-Cuff

Open the straps of one Cuff by undoing the Velcro “hook-and-loop” closure. From the rear, place the Cuff around your ankle as shown, holding both ends open—out toward the front. Note, the soft, padded inner material should be against your skin.



Place cuffs on both ankles for all exercises.

Next, wrap your ankle with the strap having the “hook” part of the Velcro facing outward as shown. Finally, tighten strap having the “loop” part of the Velcro, down onto the “hook” part of the Velcro. Tighten firmly, but comfortably. Repeat process with other ankle.



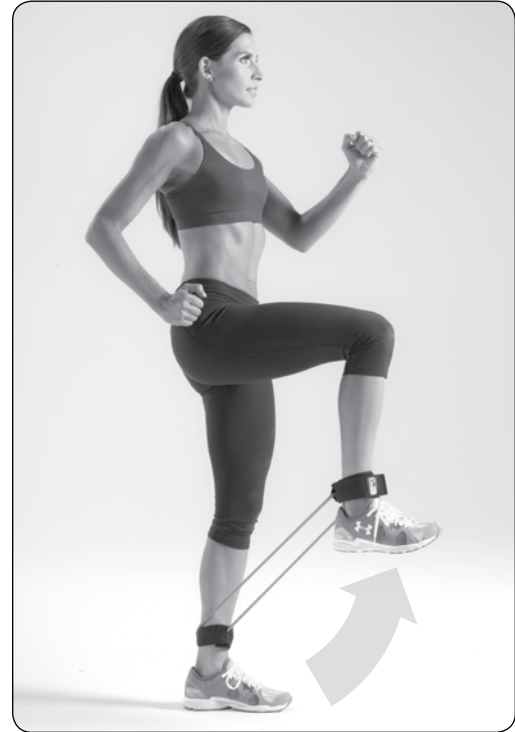
Balance Circuit 1



Starting position - Stand straight up with feet about shoulder width apart. Arms bent at 90 degrees.

Movement - While keeping your foot parallel to the

Place cuffs on both ankles for all exercises.

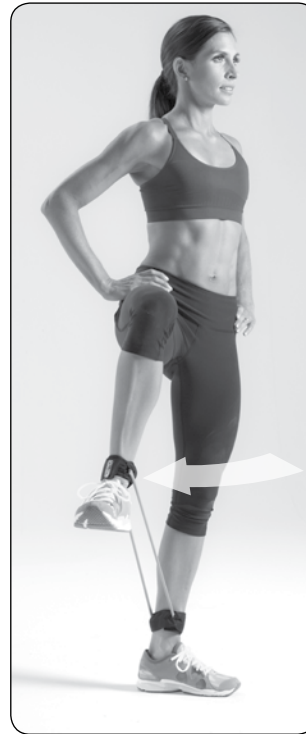


floor, raise your leg to 90-degrees. Move arms in an alternating motion as shown. Repeat movement with other leg. —1 rep

Balance Circuit 2



Place cuffs on both ankles for all exercises.



Starting position - Stand straight up with feet parallel, about shoulder width apart. Hands on hips.
Movement - Keeping your foot parallel to the floor,

raise your leg to 90-degrees. Swing your leg out to the side as far as you can while maintaining balance. Swing leg back over and down. Repeat with other leg. —1 rep

Balance Circuit 3



Starting position - Stand straight up with feet parallel, about shoulder width apart. Arms bent at 90 degrees.

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Place cuffs on both ankles for all exercises.



Movement - Without bending your knee, raise one leg backwards. Alternate arm motion as shown, as you return leg down. Repeat with other leg. —1 rep

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Bent Knees - Forward Walk



Starting position - Stand straight up, feet parallel, about shoulder width apart. Arms bent at 90 degrees.

Movement - With alternating arm motions as shown,

Place cuffs on both ankles for all exercises.



and knees bent, slowly walk forward—step out as far as you can while maintaining stability.

Repeat forward walk for 10-12 steps. —1 rep

Bent Knees - Backward Walk



Starting position - Stand straight up, feet parallel, about shoulder width apart. Arms bent at 90 degrees.

Movement - With alternating arm motions as shown,



Place cuffs on both ankles for all exercises.



and knees bent, slowly walk backward—step back as far as you can while maintaining stability. Repeat backward walk for 10-12 steps. —1 rep

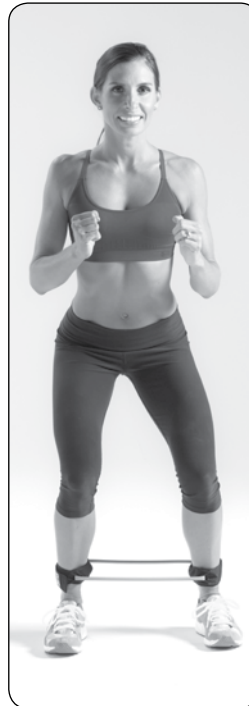
Bent knees - Lateral Walk



Starting position - Stand with knees bent, feet about shoulder width apart. Arms bent at 90 degrees.

Movement - With alternating arm motions as shown, step out to the side with one leg—step out as far as

Place cuffs on both ankles for all exercises.



you can while maintaining stability. Then step back in to the starting position. Repeat the motions, stepping out to the other side, with your other leg, while alternating arm motions as shown. —1 rep

Plank With Alternating Leg Lifts



Starting position - Assume the push up position, with arms fully extended as shown. Place your hands and feet about shoulder width apart.

Place cuffs on both ankles for all exercises.



Movement - Keep your arms extended as shown. Without bending your knees, lift one leg upward, extending it as far as you can, while maintaining stability. Return to starting position and repeat the movement with your other leg. —1 rep

Donkey Kick-Backs



Starting position - Assume the push up position, except pull in your knees to a 90-degree angle. Rest your weight on your knees and hands with your arms fully extended as shown. Place your hands and knees about shoulder width apart.

Place cuffs on both ankles for all exercises.



Movement - Keep your arms extended as shown. Lift one leg upward and out behind you, extending it as far as you can, while maintaining stability. Return to starting position and repeat the movement with your other leg. —1 rep

Side Laying Leg Raises



Starting position - Lie on the floor, on your side. Extend your lower arm straight out so it supports your head as shown. Keep your whole body and arm in a straight line. Bend the elbow of your upper arm 90 degrees, resting your palm on the floor in front of your chest for stability.

Place cuffs on both ankles for all exercises.



Movement - Without moving your upper body or arms, lift one leg upward, extending it up as far as you can, while maintaining stability. Return to starting position. Roll over, facing the other direction and repeat the movement with your other leg. —1 rep

Plank Jacks



Starting position - Assume the push up position, with arms fully extended as shown. Place your hands and feet about shoulder width apart.

Place cuffs on both ankles for all exercises.



Movement - Keep your arms extended as shown. Without bending your knees, using a slight jumping motion, thrust both feet outward, extending them as far as you can, while maintaining stability. Return to starting position. —1 rep