



Training Manual



FLAT BANDS



Read and follow all warnings and information before using this product to reduce the risk of serious injury or fatality.

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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 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 and follow all warnings and information before using this product, to reduce the risk of serious injury or fatality.

FLAT BANDS

- **ALWAYS** inspect Flat Bands before every use.
- **DISCONTINUE USE** if Flat Bands become nicked or torn.
- **ONLY** use this product in the manor shown or intended.
- **NEVER** leave unattended.
- **ALWAYS** wear appropriate clothing and footwear when exercising with your Flat Bands.
- **AVOID** using Flat Bands on rough or abrasive surfaces.

MAINTENANCE AND CARE

- Clean the Flat Bands with mild soap and warm water.
DO NOT use abrasive or chemical cleaners.
- Keep the Flat Bands out of direct sunlight. The Flat Bands should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources.
- The Flat Bands are composed of rubber and the life span of the band will depend on the amount of usage and proper care.

Workout Guidelines

Use this manual as a visual reference exercise guide for use with the GoFit Flat Bands. Always start at a level that will allow you to complete all the recommended reps and sets described in this manual.

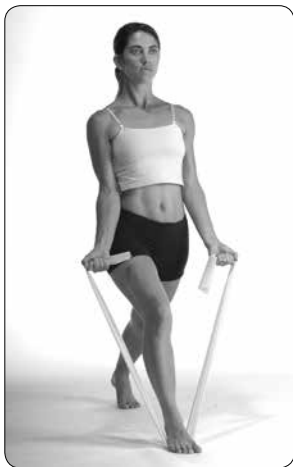
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TIPS:

- Listen to your body.
- Never sacrifice proper form.
- Discontinue if you feel undue pain.
- Be patient and persistent. Building strength takes time.
- Have a towel and water ready.
- Breathe. Your muscles need oxygen. Inhale when the muscle lengthens, exhale when the muscle shortens—think “exhale on the exertion.”
- Stretch upon completion.

		WORKOUT	FREQUENCY	SETS	REPS
FITNESS LEVEL	BEGINNER	Upper Body	1 x weekly	2	12-16
		Lower Body	1 x weekly	2	8-12
	INTERMEDIATE	Upper Body	2 x weekly	3	12-16
		Lower Body	2 x weekly	3	8-12
	ADVANCED	Upper Body	2 x weekly	4	12-16
		Lower Body	2 x weekly	4	8-12

Curls



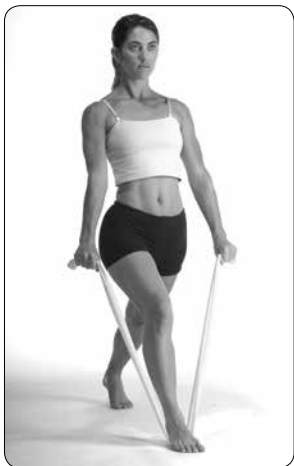
STEP ONE - Stand with one foot on the center of the Flat Band with your other foot off of the band to rear.

Hold the ends of the Flat Band securely in each hand with palms facing up and elbows securely against your waist. Begin with your hands held at mid-thigh level.

STEP TWO - While keeping your elbows locked against your waist, slowly curl the band to your shoulders. Slowly lower back to the starting position. Repeat.



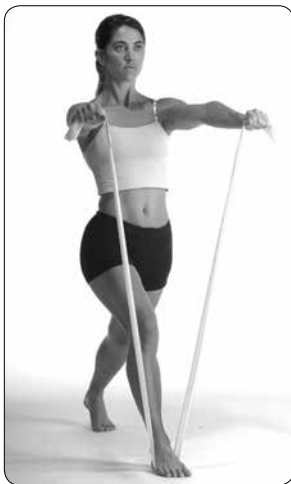
Front Raise



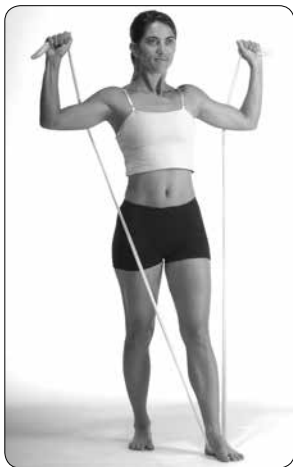
STEP ONE - Stand with one foot on the center of the Flat Band with your other foot off of the band to the rear.

Start exercise with your hands in front of your body and palms facing downward. Keep your arms straight without locking your elbows.

STEP TWO - Slowly raise both arms to shoulder level (keeping them straight but unlocked). While keeping them unlocked, slowly return your arms to the starting position. Repeat.



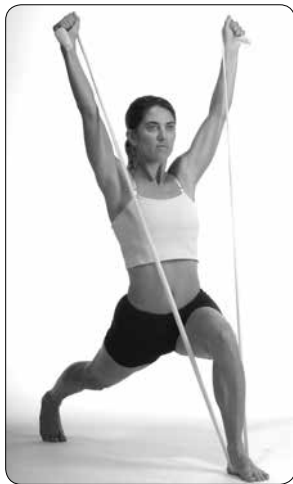
Reverse Lunge *with Shoulder Press*



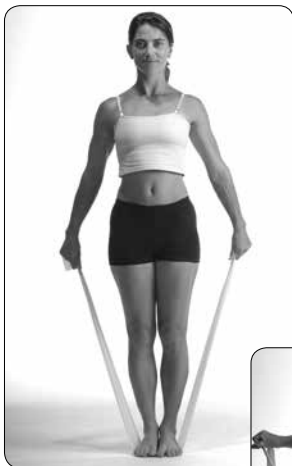
STEP ONE - Stand on the center of the Flat Band with one foot to the front. Place your other foot behind at shoulder width. Hold the band at face level with elbows out and parallel to shoulders.

While raising both arms into a “Y” position over head, step backward with your free leg until your forward thigh is parallel to floor.

STEP TWO - Push off with your back leg to starting position and repeat. Alternate legs as desired. Repeat.



Shoulder Fly



STEP ONE - Stand on the center of the Flat Band and with both feet together. Grasp band ends in each hand with palms facing towards your body. Keep knees slightly bent.

STEP TWO - Slowly extend your arms upward and even with your body to shoulder height until you reach a “T” position. Hold briefly and slowly return to the starting position. Repeat.



Upright Row



STEP ONE - Stand on the center of the Flat Band with one or both feet about shoulder width apart. Hold the band in each hand with palms facing your body at the top of thighs.

STEP TWO - Slowly raise the band to armpit level keeping your hands close to your body. Keeping elbows out and up, hold briefly before slowly returning to the starting position. Repeat.



Seated Lat Pull



STEP ONE - Begin seated on the floor with legs extended in front and feet together. Anchor the resistance band under the arches of your feet.

Hold the band in both hands with arms extended towards your toes and elbows unlocked.

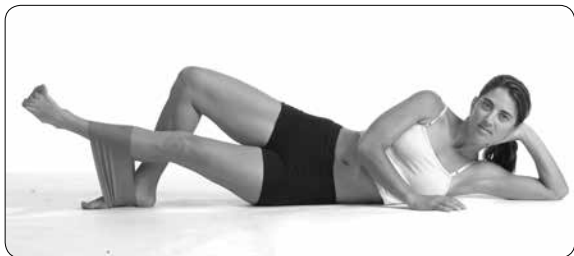
STEP TWO - Slowly pull the resistance band until your hands reach your sides. Slowly return to the starting position. Repeat.



Inner Leg Lift



STEP ONE - Sit on the floor and place Flat Band around ankles. Lie on your side and rest your head on one arm and place other on ground for support. Bend the top knee and place looped Flat Band under the arch of your foot making sure to hold the ends of the Flat Band firmly to floor.



STEP TWO - Lead with your heel and lift lower leg as high as possible toward ceiling. Return to starting position. Repeat.

Leg Extension



STEP ONE - Sit on the floor and place the Flat Band under the arch of your foot on the non-exercise leg, making sure to hold the ends firmly to the floor with your heel. Then loop the Flat Band around the ankle of your exercise leg. Lie back supporting upper body on elbows.



STEP TWO - Bend both legs. Extend the knee of your exercising leg. Lift up to height of your knee until quadricep is fully contracted. Return to starting position. Repeat.

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