

Training Manual



WARNING



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

GLUTE BLASTER

Belted Tube Resistance Trainer

**Sculpt & Shape
Your Glutes**



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GLUTE BLASTER WARNING



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 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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GLUTE BLASTER USAGE AND CARE



WARNING

GOFIT GLUTE BLASTER

- *This product contains natural rubber latex which may cause allergic reactions.*
 - **ALWAYS** inspect Glute Blaster stitching prior to use.
 - **ALWAYS** inspect Glute Blaster Tubing before every use.
 - **DISCONTINUE USE IMMEDIATELY** if Glute Blaster Stitching or Tubing becomes nicked or torn.
 - **NEVER** stretch Glute Blaster Tubing more than twice its resting length.
 - The Glute Blaster is 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.
 - The Glute Blaster could pose a hazard to children and pets, therefore must **NEVER** be left unattended.
 - **ALWAYS** consult your physician if intending to use this product during pregnancy.
- When first attempting any exercise shown, use caution while determining your physical limitations.
 - GoFit, LLC is not responsible for any personal, or personal property damage, that may occur while using the Glute Blaster.
 - Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
 - The Glute Blaster should only be used for its intended purpose as outlined in this training manual.

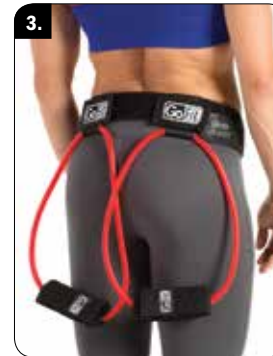
MAINTENANCE AND CARE

- Clean the Glute Blaster and Knee Pad with a soft cloth, mild soap and warm water.
 - **DO NOT** use abrasive or chemical cleaners.
 - **DO NOT** immerse Glute Blaster into water.
- Keep the Glute Blaster out of direct sunlight. The Glute Blaster should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.

GLUTE BLASTER INSTRUCTIONS

ATTACHING & ADJUSTING GLUTE BLASTER:

1. Pull belt through buckle so the Glute Blaster logo is facing out.
2. Tighten belt until it is comfortable around your waist or hips, then fasten Velcro. Be sure that the buckle is resting on either side of your hip, and not directly on it.
3. Positioning—Slide the tubes so the GoFit belt attachments are in line with the middle of each glute.
4. Kneeling down, firmly pull the foot strap at the base of tube towards the corresponding foot. Place the foot strap (padded side up) under the arch of your foot, step securely on foot strap and fasten Velcro on the top of your foot with GoFit logo facing up. Carefully switch legs and attach the other foot strap



GLUTE BLASTER WORKOUT GUIDELINES

Thank you for your GoFit purchase. We strive to be your one source for superior, innovative, home-fitness products at a great value. For other GoFit products, visit your local retailer, or go to www.gofit.net and see our entire product line and more.

The Glute Blaster, 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 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.

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.

Recommended Workout Guidelines

Perform **each** exercise for recommended frequency, sets and reps depending on your Fitness Level. **Rest 30 seconds between each set.**

FITNESS LEVEL	FREQUENCY	SETS	REPS
BEGINNER	1-2 x weekly	1	8-12
INTERMEDIATE	2-3 x weekly	2	10-16
ADVANCED	3 x weekly	3	10-16

**Please check with your physician before engaging in any exercise program to determine if it is appropriate for you.*



GLUTE BLASTER EXERCISES

Glute Kick Ups

STARTING POSITION - With both knees on the knee pad, fold forward and place your body weight onto your forearms. Pull your belly button to your spine while maintaining a tight core. Raise your right leg to a bent 90-degree angle.

MOVEMENT - Press your leg up to the ceiling, hold position for 1-2 seconds, then slowly lower your leg back to the Starting Position. This equals 1 rep. Continue with remaining repetitions and repeat exercise on your other leg.

- *Advanced—After you press your leg up, add 3 small, controlled pulses, then bring your leg back to Starting Position.*



Toe Touches



STARTING POSITION - With both knees on the knee pad, fold forward and place your body weight onto your forearms. Pull your belly button to your spine while maintaining a tight core. Straighten your right leg and raise parallel to the floor.

MOVEMENT - Lightly tap your toe to the floor and raise back to Starting Position. This equals 1 rep. Continue with remaining repetitions and repeat exercise on your other leg.

GLUTE BLASTER EXERCISES



Kick Outs



STARTING POSITION - With both knees on the knee pad, fold forward and place your body weight onto your forearms. Pull your belly button to your spine while maintaining a tight core.

MOVEMENT - Press your right leg out behind you, then bring your knee back down to Starting Position, but barely touch the knee pad. Keep the weight on your supporting leg. This equals 1 rep. Continue with remaining repetitions and repeat exercise on your other leg.



GLUTE BLASTER EXERCISES

Spider Man



STARTING POSITION - Place your hands on the knee pad and push yourself up to High Plank position. Pull your belly button to your spine while maintaining a tight core.

MOVEMENT - Bend your leg and bring your right knee to your right elbow. Return to High Plank and then bring your left knee towards your left elbow. This equals 1 rep.

- *Advanced—Add a Push Up (lower yourself down) as you bring your knee towards your elbow.*

GLUTE BLASTER EXERCISES



Leg Lifts



STARTING POSITION - Place your knee pad under your glutes and hips. Push yourself up onto your elbows (elbows should line up with your shoulders), extend both legs straight out and parallel to the floor. Raise your legs to about 1-inch above the floor. Pull your belly button to your spine while maintaining a tight core.

MOVEMENT - The movement does not have to be a big movement. Raise both legs as high as it is comfortable for you, then return to Starting Position. This equals 1 rep.



GLUTE BLASTER EXERCISES

In & Outs



STARTING POSITION - Place your knee pad under your glutes and hips. Push yourself up onto your elbows (elbows should line up with your shoulders), extend both legs together straight out and parallel to the floor. Raise your legs to about 1-inch above the floor. Pull your belly button to your spine while maintaining a tight core.

MOVEMENT - This is a slow and controlled movement. Keep your legs straight and open your legs out (past hip-width) as far as it is comfortable for you, making a "V", then slowly bring your legs back in to Starting Position. This equals 1 rep.

GLUTE BLASTER EXERCISES



Flutterers



STARTING POSITION - Place your knee pad under your glutes and hips. Push yourself up onto your elbows (elbows should line up with your shoulders), extend both legs straight out and parallel to the floor. Raise your legs to about 1-inch above the floor. Pull your belly button to your spine while maintaining a tight core.

MOVEMENT - Alternate legs up and down while maintaining a strong Starting Position. No matter the size or speed of your Flutterers, keep a steady and controlled rhythm. Right leg up, Left leg up equals 1 rep.



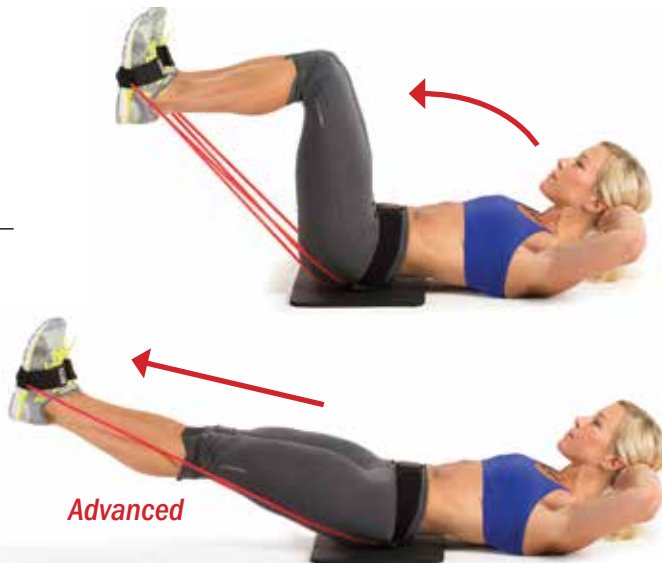
GLUTE BLASTER EXERCISES

Abdominal Crunch

STARTING POSITION - Place your knee pad under your glutes and hips. Place your hands behind your head and raise both legs to a 90-degree angle. Pull your belly button to your spine while maintaining a tight core.

MOVEMENT - Crunch up towards your raised knees. Go up only as far as it is comfortable for you. Hold for 1 to 2 seconds, then lower back to Starting Position. This equals 1 rep.

- **Advanced—Double Leg Press**
After crunching towards your knees, press your legs out as you lower your head down.



GLUTE BLASTER EXERCISES



Bicycle Crunch



STARTING POSITION - Place your knee pad under your glutes and hips. Put your hands behind your head and extend both legs straight out parallel to the floor. Raise your legs to about 1-inch above the floor. Pull your belly button to your spine while maintaining a tight core.

MOVEMENT - Bend your left leg and bring your knee towards your core and oblique crunch so that your right elbow meets your knee to the best of your ability. Lower back to starting position and repeat on the opposite side (right knee to left elbow). Bicycle crunch on left and right side equals 1 rep.

GLUTE BLASTER MANUAL



WARNING



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

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and information before use. Always use proper techniques and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defect or wear. If any is found, discontinue use immediately and contact GoFit for assistance. This product is not intended for commercial use.

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