



Training Manual



WARNING



IMPORTANT: Read and follow all warnings and information before use, to reduce the risk of serious injury or fatality.



# GoGravityGym

ULTIMATE

Body Weight Trainer



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## WARNING

**Suggested Weight Limit: 500lbs (static).** 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 - Usage Guidelines

GOGRAVITY GYM

## **BEFORE EACH USE - GoGravity Gym**

- **ALWAYS** inspect straps, door anchors and all components for nicks, cuts, or loose threads/stitching before every use. If you find any cuts or loose thread, discontinue use immediately.
- **ALWAYS** Check connections and carabiners before every use to make sure they are secure and working properly.
- **ALWAYS** use a strong, secure anchor point that can support your body weight. To weight-test, pull hard on the “GoGravity Gym” once set up.
- **DO NOT** attach any “GoGravity Gym” component to an anchor point with sharp edges (e.g. door hinges, overhead beams). These edges will weaken or cut the “GoGravity Gym” materials.
- **ALWAYS ensure the floor surface where you intend to work out is not slippery.**
- Keep all components of the GoGravity Gym out of direct sunlight and the elements. This can weaken all components of the GoGravity Gym.
- The GoGravity Gym should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- “GoGravity Gym” is not a toy. Do not swing, hang upside-down, or flip on the “GoGravity Gym.” Do not attempt any type of gymnastic or jerking movements on the “GoGravity Gym.” Use only as shown/illustrated/intended.
- “GoGravity Gym” is intended for adult use only and are not to be used by children under 18. Keep “GoGravity Gym” out of the hands of children at all times.

- “GoGravity Gym” can pose a strangulation hazard to children and pets, therefore must **NEVER** be left unattended. To avoid accidents, uninstall and store “GoGravity Gym” out of the reach of children when not in use.
- GoFit, LLC is not responsible for any personal property damage that may occur while installing or using the “GoGravity Gym” or any of its components.

## **DOOR ANCHOR**

- **DO NOT** use on weak or hollow-core doors. Only use GoGravity Gym Door Anchor and Straps on solid wood or metal doors.
- **ALWAYS** install the GoGravity Gym Door Anchor so that the door closes **TOWARDS** you.
- **ALWAYS** install the GoGravity Gym Door Anchor centered on top of the door.
- **ALWAYS** install the GoGravity Gym Door Anchor so the “Stopper” is resting securely against door frame before starting any exercise.
- **ALWAYS** Shut door tightly, securing and locking latch before every use.

## **HUB ANCHOR STRAP**

- **ALWAYS** utilize GoGravity Gym Hub Anchor Strap on a solid anchor point that will support your body weight.
- **ALWAYS** inspect anchor point surface to ensure that there are no rough or sharp surfaces that could fray the GoGravity Gym Anchor Hub strap.
- **ALWAYS** ensure that the GoGravity Gym Hub Anchor Strap carabiner is closed completely and attached properly before performing any exercises.

***Failure to follow these guidelines may result in injury. The user assumes the risk of injury and all liability resulting from the use of this product.***

# GoGravity Gym Components

GOGRAVITY GYM

## **INCLUDES:**

- A) 2 GoGravity Straps**
- B) 1 Hub Anchor Strap**
- C) 1 Door Anchor**
- D) 2 Power Handles**
- E) 2 Foot Straps**
- F) 1 Mesh Carry Bag**



**WARNING:** GoGravity Gym components should not be utilized with other GoFit Exercise products or components.

# Door Anchor Placement

**WARNING:** This door anchor illustration is solely for the use of the door anchor that accompanies the GoGravity Gym and should not be utilized for other GoFit Exercise products or components.

**GOGRAVITY GYM**

## Door Anchor

Door Anchor  
Stopper

Door Anchor Ring  
(Connect carabiners here)



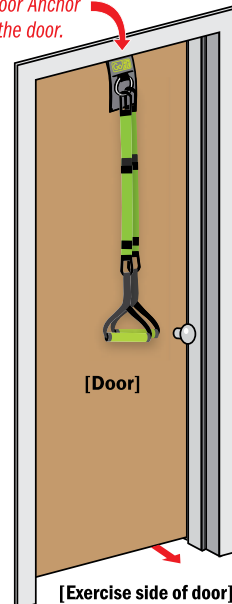
Ensure that  
carabiners  
are completely,  
and properly,  
latched before use.

**ALWAYS** position Door Anchor  
in **TOP-CENTER** of the door.

**ALWAYS** place the  
Door Anchors so  
the door closes  
**TOWARDS** you on  
the exercise-side  
of the door.

Only use  
GoGravity Gym  
on **SOLID WOOD** or  
**METAL** doors.

Figure 1



# Door Anchor Installation

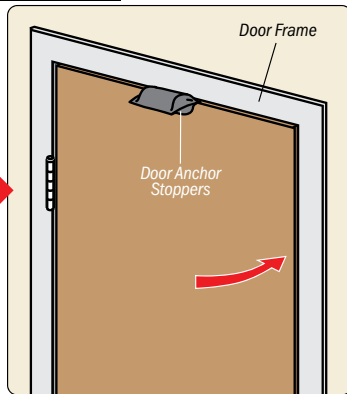
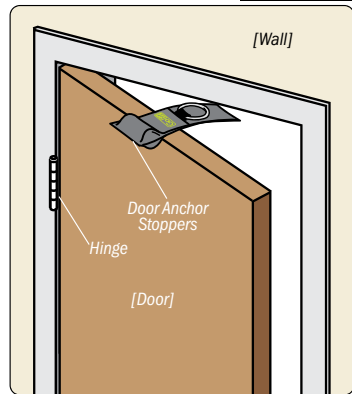
**WARNING:** This door anchor illustration is solely for the use of the door anchor that accompanies the GoGravity Gym and should not be utilized for other GoFit Exercise products or components.

GOGRAVITY GYM

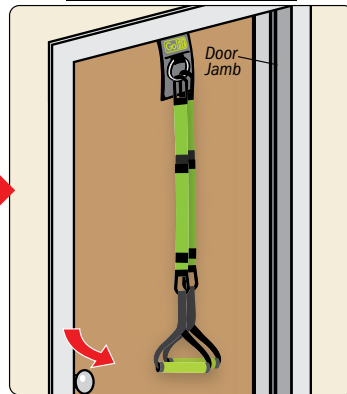
(Refer to DOOR ANCHOR PLACEMENT Figure 1 for proper position options)

Exercise **ONLY** on the side of the door where the door closes **TOWARDS YOU**

Views from non-exercise-side of door



View from exercise-side of door



Place the **Door Anchor** centered on top of the door or closer to the hinge side. The **Door Anchor Stopper** must be on the “non-exercise side” of the door.

Close door **TOWARDS** you on the “exercise-side” of the door—latch and lock the door

When the door is closed, the **Door Anchor** fits snugly between the top of the door and the door jamb. The **Door Anchor Stopper** must rest securely against the door frame.

When installed properly, the **anchor ring** is facing you on the “exercise side” of the door, after you have closed the door toward you.

# Hub Anchor Installation

GOGRAVITY GYM

- Make sure anchor point is solid and strong enough to support your body weight.
- Inspect anchor point surface to ensure that it is not rough or sharp.

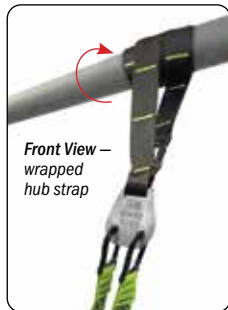
**Hub Strap with loops**  
to adjust length and create a secure anchor point



**Hub Carabiner**  
to secure through hub strap loop.

**Hub Anchor**  
attach GoGravity Strap carabiners

- 1) Wrap Hub Strap around anchor point at least twice.
- 2) Loop carabiner through Hub Strap loop and securely close carabiner.
- 3) Attach GoGravity Gym Strap carabiners to the anchor.
- 4) Pull on handles to ensure the anchor point will support your body weight.



**Front View** –  
wrapped  
hub strap



**Top View** –  
Securely  
wrapped  
hub strap

**Back View** – Hub Carabiner attached through Hub Strap Loop



**GoGravity Straps**

Wrap Hub Strap securely and ensure that ALL carabiners are properly installed and latched before use.



# Adjusting GoGravity Straps

GOGRAVITY GYM

*GoGravity Straps with cam buckle and pull tab for length adjustment.*



**TO SHORTEN** (FIGURE 2) - Press cam buckle and pull adjustment tab up towards anchor point.

**TO LENGTHEN** - Press cam buckle and pull strap down away from anchor point.

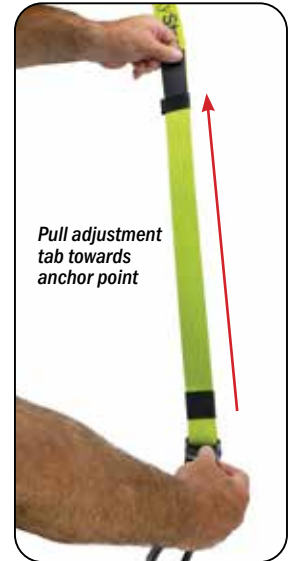
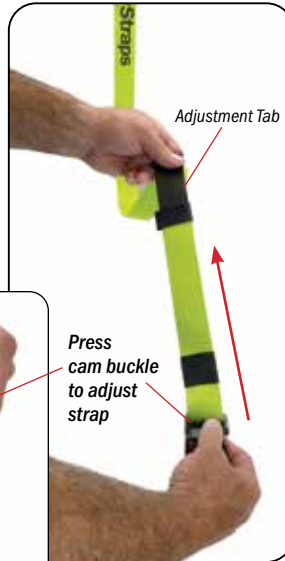


Figure 2 - Shortening straps

# Getting Into Foot Cradles

GOGRAVITY GYM



**STEP ONE** - Sit facing door, place your right foot in the left side cradle.  
Cross your left leg over your right and place in right foot cradle.

**STEP TWO** - Keeping your feet in cradles, roll to your right to your knees,  
or directly into a push up position.

## Why is the GoGravity Gym so effective for conditioning?

There are 3 simple and effective ways to change the level of the GoGravity Gym resistance, making it the perfect tool for any level of fitness enthusiast:

1. **Changing the Angle**
2. **Changing the Starting Point**
3. **Changing the Foundation**

Because the GoGravity Gym enables one to use their own body weight as the resistance, the work load can either be increased or decreased simply by changing the angle, in which they're working.

### **Changing the Angle:**

Changing the angle in which you're exercising will change your overall resistance level (i.e., increasing or decreasing the percentage of one's body used as resistance).

### **Changing the Starting Point:**

By changing the starting point or relation to the GoGravity Gym it is easy to quickly change the workload resistance. Because of gravity's natural tendency to pull things straight down, this principle holds true with the GoGravity Gym as well.

### **Changing the Foundation:**

By changing your Center of Gravity you can either increase or decrease the resistance as. Feet out wide give a much better base or foundation, whereas having one foot off the ground will challenge your center of gravity even more so, by creating even greater instability.

## Maintenance & Care

- Clean GoGravity Gym and components with mild soap and warm water.
  - DO NOT submerge completely in water.
  - DO NOT use abrasive or chemical cleaners.
- The life span of your GoGravity Gym will depend on the amount of usage and proper care.

## Exercise Guide: Terms

**(NR) No Recovery** Move immediately to next exercise

**(AR) 30 second Active Recovery** March in place, Squats, Jumping Jacks, Push-Ups, Mountain Climbers, etc. Whatever keeps you moving between GoGravity Gym exercises.

**(FM) Flexibility & Mobility** Great for recovery days, pre and post workout!

**Progression** – Increasing Program Intensity

**1 - Sets** (i.e., increase the number of sets performed) –

Perform all exercise in succession and repeat as Rx for your program.

Muscular Strength development

**2 - Time / Duration** (i.e., 30 seconds to 45 seconds) –

The amount of time you perform each exercise.

Muscular Endurance development

**3 - Resistance** (i.e., increasing the angle) –

Muscular Power development

Customize your own program by adding the exercises of your choice, or start with the progressive GoGravity Gym exercise programs included.

**BEGINNER • INTERMEDIATE • ADVANCED**

# Exercise Program - Strength & Cardio

GOGRAVITY GYM

**BEGINNER**  
2-3 x weekly

**INTERMEDIATE**  
3 x weekly

**ADVANCED**  
3-4 x weekly

**(AR)** 30 Second Active Recovery March in place, Jumping Jacks or Squats.

**(NR)** No Recovery Move immediately to next exercise.

EXERCISES	SETS	TIME / DURATION	REST b/w exercises
	Beg   Int   Adv	Beg   Int   Adv	Beg   Int   Adv
Bicep Curls	1   2   3	30 sec   60 sec   60 sec	30 sec   NR   NR
Standing Chest Press	1   2   3	30 sec   60 sec   60 sec	30 sec   AR   AR
"Y" Deltoid Fly	1   1   2	30 sec   45 sec   45 sec	30 sec   30 sec   30 sec
Transverse Pull	1   1   2	30 sec   45 sec   45 sec	30 sec   NR   NR
Alt. Back Lunge	1   2   3	45 sec   45 sec   60 sec	30 sec   30 sec   AR
Calf Raise	1   2   3	30 sec   30 sec   45 sec	30 sec   AR   AR
Alt. Lunge Fly	1   2   3	45 sec   45 sec   60 sec	30 sec   60 sec   NR
Standing Plank	1   1   2	30 sec   45 sec   45 sec	30 sec   60 sec   30 sec
Mountain Climbers	1   2   3	30 sec   45 sec   60 sec	30 sec   60 sec   AR
Oblique Crunches	1   2   3	30 sec   60 sec   60 sec	30 sec   60 sec   30 sec
Straight Leg Sit-Up	1   2   3	45 sec   45 sec   60 sec	30 sec   60 sec   30 sec

# Exercise Program - Flexibility & Mobility

GoGRAVITY GYM

**(FM)** Flexibility & Mobility—Great for recovery days, pre and post workout!  
If focusing on flexibility, be sure to warm up before stretching.

**Benefits of Flexibility & Mobility Exercises:** loosens up joints, increases stability and balance, helps you move better and feel better!

**BEGINNER**  
2-3 x weekly

**INTERMEDIATE**  
3 x weekly

**ADVANCED**  
3-4 x weekly

EXERCISES	SETS	TIME / DURATION	REST
	Beg   Int   Adv	Beg   Int   Adv	Beg   Int   Adv
<b>(FM)</b> Alt. Lunge Fly	2   2   3	Stretching: Hold position 20-30 sec Mobility: perform controlled reps for 30-45 sec on each side	20-30 sec
<b>(FM)</b> Figure Four Stretch	2   2   3	Stretching: Hold position 20-30 sec Mobility: perform controlled reps for 30-45 sec on each side	20-30 sec
<b>(FM)</b> Hip Hinge	2   2   3	Stretching: Hold position 20-30 sec Mobility: perform controlled reps for 30-45 sec	20-30 sec
<b>(FM)</b> Standing Side Stretch	2   2   3	Hold position for 20-30 sec & repeat on the other side	20-30 sec

### Bicep Curls

*Muscles Targeted: Biceps and Forearms*

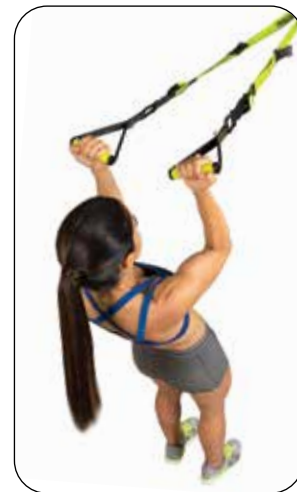
**Beginner:** Lessen the angle of your body, and only bring one foot in closer towards the anchor while keeping your other foot directly under you for more stability.

**Advanced:** Increase your angle.

**STEP ONE** - Stand facing door with feet close together. With palms facing up and your arms extended, grip GoGravity Straps narrower than shoulder width apart. Walk feet toward door until your body is at a 45 degree angle.

**STEP TWO** - Bending arms at elbows, pull body upward while squeezing biceps until your arms are bent to a 90 degree angle. Slowly extend arms to starting position and repeat.

**Control is the name of the game.**



# Upper Body Exercises

GOGRAVITY GYM

## Standing Chest Press

*Muscles Targeted: Pectorals, Deltoids, and Triceps*

**Beginner:** Lessen the angle of your body and spread your feet shoulder-width apart.

**Advanced:** Increase the angle of your body and bring your feet closer together.

**STEP ONE** - Facing away from the GoGravity Gym anchor, grip the straps slightly wider than shoulder width. Body should be at a 45 degree angle to floor with feet close together. Slowly lean into handles with full body weight until hands are almost level with chest.

**STEP TWO** - While keeping core engaged, exhale and push upward using chest and triceps muscles to drive body away from handles. Inhale and slowly let upper body move back towards handles and repeat.



### “Y” Deltoid Fly

*Muscles Targeted: Deltoids, Upper Back and Forearms*

**Beginner:** Lessen the angle of your body, and only bring one foot in closer towards the anchor while keeping your other foot directly under you for more stability.

**Advanced:** Increase your angle, or take your arms all the way out to a “T” position.

**STEP ONE** - Face the GoGravity Gym anchor, keep your feet shoulder width apart, extend your arms straight while holding onto the GoGravity Gym handles. Once there, bring your feet in closer to the anchor point, so you are now leaning back at a 30-45 degree angle.

**STEP TWO** - From this leaned back position, engage your shoulders and pull the GoGravity Gym handles up over your head. Keep your arms straight and form a “Y” with your body. Lower yourself back down to the starting position and repeat.

**Control is the name of the game.**





# Upper Body Exercises

GOGRAVITY GYM

## Transverse Pull

*Muscles Targeted: Upper Back, Middle Back, Shoulders, Abdominals*

**Beginner:** Lessen the angle of your body, add slight bend to your knees, and keep both feet flat on the ground.

**Advanced:** Increase the angle of your body and keep your legs straight.

**STARTING POSITION** - Face the GoGravity Gym anchor, keep your feet shoulder width apart. Hold one strap in one hand. Shorten the strap as needed and pull into your chest keeping your elbow locked into your side. The other arm is outstretched in front of you, touching the extended GoGravity Gym strap.

**STEP ONE** - Leading with the outstretched arm, begin to slowly lean back and rotate until you end up with both arms outstretched, in the form of a "T". Remember to keep your leading arm straight and slowly extend your arm that has the hold of the strap.

**STEP TWO** - From your outstretched "T" position, pull and rotate yourself back up to the starting position. Bend and relax your shoulder of the pulling arm as you rotate back. Repeat the movement with each arm

**Control is the name of the game.**



### Alternating Back Lunge

*Muscles Targeted: Quadriceps, Glutes, Hamstrings*

**Beginner:** Lessen the depth of your lunge. Keep your knee over your toe in lunge position.

**Advanced:** When alternating, add a knee up with calf raise. **OR** Make it an alternating JUMP lunge.

**STEP ONE** - Facing the GoGravity Gym anchor, keep your feet shoulder width apart. Take a step back with one leg and lower down into a lunge position. Your arms will be extended, front knee will be bent at a 90 degree angle, and your back knee should almost be touching the ground.

**STEP TWO** - Press into your front leg and pull forward, bringing you back to the your starting position. Repeat on the opposite side.



### Calf Raises

*Muscles Targeted: Calves, Hamstrings, Glutes*

**STARTING POSITION** - Stand facing away from the GoGravity Gym anchor point with feet slightly apart. Adjust straps short enough that they reach your armpits, but don't force your shoulders upwards. Straps will be placed between your arms and torso with elbows bent and palms facing each other.

**MOVEMENT** - With feet flat on the floor and pelvis tucked. Raise your feet to their tip toe, then lower back down. Keep pelvis tuck and glutes squeezed throughout the movement.



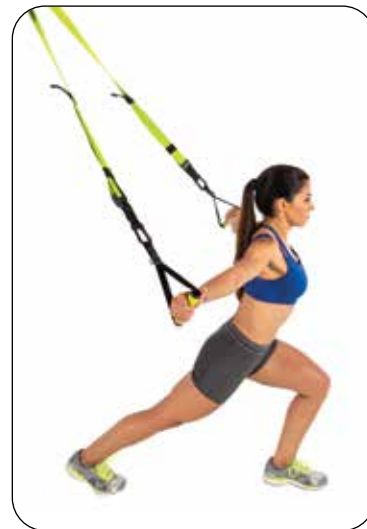
### Lunge Fly

*Muscles Targeted: Chest, Quadriceps, Hamstrings, Glutes*

**POSITION** - Stand facing away from the GoGravity Gym anchor point. Extend your arms down in front of your body with feet close together.

**MOVEMENT** - Step forward into a lunge position while reaching both arms out laterally in a "T" position. Make sure your knee is not going past your toes. Back leg will remain straight. Drive back up with your front leg while simultaneously bringing your arms back the center of your body in a flying motion. Repeat on the other side.

***This exercise is excellent for stretching and opening up the chest as well.***



### Standing Plank

*Muscles Targeted: Abdominals, Triceps, Shoulders, Hamstrings, Quadriceps*

**Beginner:** Decrease the angle of your body and only hold the plank—no arm extensions.

**Advanced:** Increase the angle of your body, or lower the straps until you are in full plank position, parallel to the floor.

*Exercise utilizes Foot Cradles*

**POSITION** - Stand facing away from the GoGravity Gym anchor point. Place your forearms arms in the foot cradles. While keeping your heels on the ground, lean forward to a 45 degree angle. Keep elbows bent at 90 degree angle. Hold Plank.

**OPTIONAL MOVEMENT** - While holding Plank position, **extend one or both arms** up over head, keeping them in line with your body.

**Try not to let your shoulders do all the work.**  
**Focus the work throughout your core and body.**



*Optional Movement*

### Mountain Climbers

*Muscles Targeted: Abdominals, Triceps, Shoulders, Hamstrings, Quadriceps*

**Beginner:** Take it slowly and increase your leg speed as you get more confident.

**Advanced:** Full Knee Tuck—bring both legs in together.

**STEP ONE** - Facing away from GoGravity Gym anchor point, place feet in cradles and assume a high plank position. Make sure your hips are in line with your back and core is engaged.

**STEP TWO** - As quickly as you can, pull your right knee towards your chest without letting it touch the floor, return to start position, then pull your left knee towards your chest.

***Don't let your back "round out" and keep your booty down.***



### Oblique Crunch

*Muscles Targeted: Obliques, Abdominals, Triceps, Shoulders, Hamstrings, Quadriceps*

**Beginner:** Take it slowly. Maybe focus on one side at a time instead of alternating sides throughout reps.

**Advanced:** Add a Push Up between Oblique Crunches.

**STEP ONE** - Utilizing foot cradles, assume a standard push up position with feet in foot cradles. Extend arms while making sure hips are in line with back and abs are engaged.

**STEP TWO** - Make sure hips and back are in line and core is engaged. Exhale and draw knees in toward torso at a 45 degree angle to your side. Return to starting position.

**STEP THREE** - On opposite side, exhale and draw knees in toward torso at a 45 degree angle to your side.

***Don't let your back "round out" and keep your booty down.***



### Straight Leg Sit-Up

*Muscles Targeted: Abdominals, Hamstrings, Traps*

**Beginner:** Forego the foot cradles and perform exercise on the ground until you are more confident to add the foot cradle.

**Advanced:** Add a hamstring curl with both legs between sit-ups.

**POSITION** - Facing towards the GoGravity Gym anchor point, place heels in cradles and lie back with arms straight up with fingers pointing to the ceiling.

**MOVEMENT** - While keeping your legs straight, engage your core and sit up keeping your arms straight up and fingers pointing at the ceiling. With control, lower down one vertebrae at a time. Repeat





### Figure Four Stretch

*Muscles Targeted: Lower Back, Hips, Glutes*

**STEP ONE** - Facing anchor point, hold GoGravity Straps close together, palms facing in. Position feet slightly apart and arms extended. Balance on your left foot. Cross and rest your right ankle on your left leg above your knee—forming a figure four.

**STEP TWO** - While keeping your chest up and core engaged. Sit back on your left leg until your right thigh is parallel to the floor. Hold position. Exhale, drive upward through your heel while squeezing glutes, and release the position. Repeat on the other side.

***You may do reps/sets for mobility, or hold the position for a great stretch.***



### Hip Hinge

*Muscles Targeted: Lower Back, Hips  
Glutes, Hamstrings*

**POSITION** - Facing the anchor point with the your arms extended in front of you pressing on the GoGravity Gym handles and your feet wider than shoulder width apart.

**MOVEMENT** - With a straight back, bend forward from your hips pushing your hips back and extending your arms forward. Drive your hips forward to return to the start position.

***You may do reps/sets for mobility, or hold the position for a great stretch.***



### Standing Side Stretch

*Muscles Targeted: Arms, Ribs, Obliques, Lats, Lower Back, Hips, Hamstrings*

**STEP ONE** - Facing the anchor point with legs shoulder width apart and GoGravity Gym handles in hand, hinge and press your hips back while extending your arms. Keep your head between your arms facing the floor, heels flat on the ground, and legs straight.

**STEP TWO** - Pivot yourself to one side. Facing the wall, hold stretch. Release back to the starting hinged-hip position and repeat on the other side.

***You may do reps/sets for mobility, or hold the position for a great stretch.***



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# WARNING



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

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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