



GRAVITY STRAPS

- *Suspended Body-Weight Training for Home and Travel*
- *Total-Body Workout*
- *Build Strength, and Core Stability*



GRAVITY STRAPS EXERCISE



WARNING



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

DOOR ANCHOR

- **ALWAYS** install “Gravity Strap Door Anchors” so that the door closes **TOWARDS** you.
- **ALWAYS** install “Gravity Strap Door Anchors” on top of the door, centered, approximately 4-inches apart.
- **ALWAYS** install “Gravity Strap Door Anchors” so the “Stopper” is resting securely against door frame before starting any exercise.

GRAVITY STRAPS

- **DO NOT** use on weak or hollow-core doors. Only use “Gravity Straps” on solid wood or metal doors.
- **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** Shut door tightly, securing and locking latch before every use.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- “Gravity Straps” are not a toy. Do not swing, hang upside-down, or flip on the “Gravity Straps.” Do not attempt any type of gymnastic or jerking movements on the “Gravity Straps.” Use only as shown/illustrated/intended.
- “Gravity Straps” are intended for adult use only and are not to be used by children under 18. Keep “Gravity Straps” out of the hands of children at all times.
- “Gravity Straps” can pose a strangulation hazard to children and pets, therefore must **NEVER** be left unattended. To avoid accidents, uninstall and store “Gravity Straps” 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 “Gravity Straps” or any of its components.
- Weight Limit 300lbs.

GRAVITY STRAPS EXERCISE



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”).

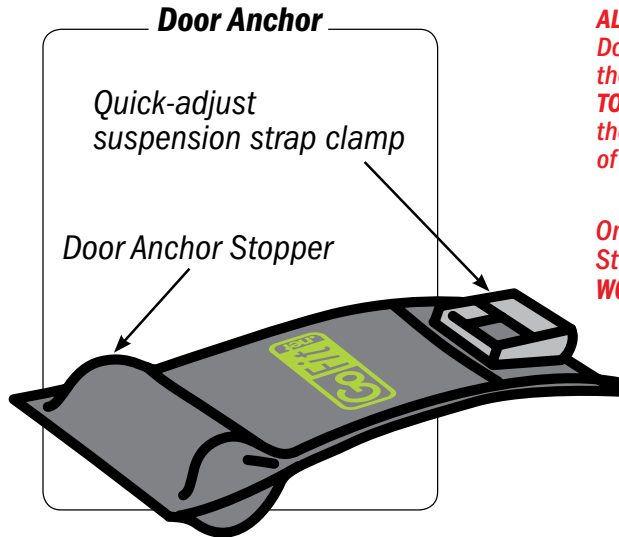
These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform 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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DOOR ANCHOR PLACEMENT



ALWAYS position Door Anchors in **TOP-CENTER** of the door, approximately 4-inches apart

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

Only use "Gravity Straps" on **SOLID WOOD** or **MEDAL** doors

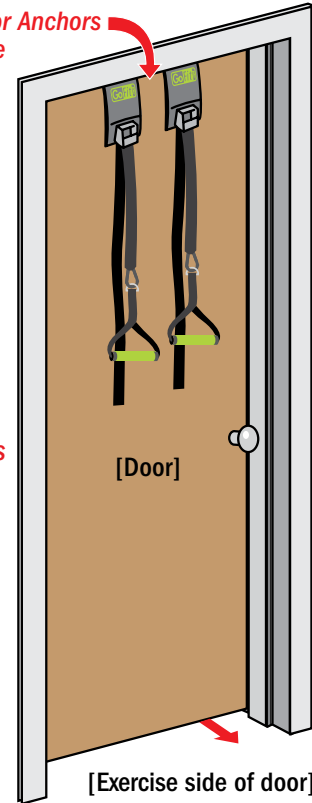
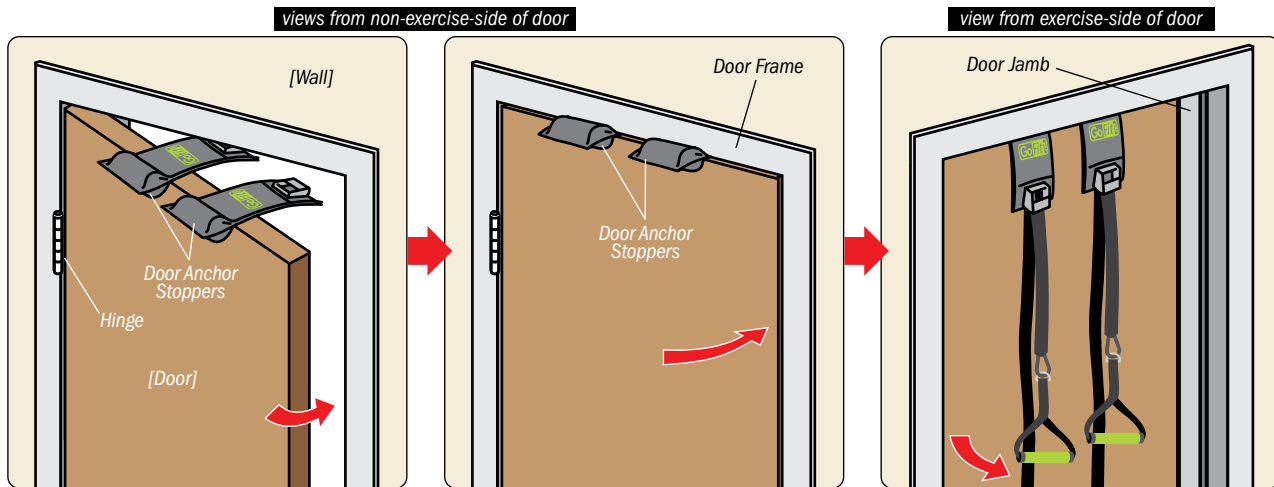


Figure 1

DOOR ANCHOR INSTALLATION (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**



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

Place the **Door Anchors** centered on top of the door, approximately 4-inches apart. The **Door Anchor Stoppers** must be on the “non-exercise side” of the door.

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

When installed properly, the **Quick-adjust suspension strap clamps** are facing you on the “exercise side” of the door, after you have closed the door toward you.

GRAVITY STRAPS EXERCISES



Getting Into Foot Cradles



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 into a push up position.

GRAVITY STRAPS EXERCISES



Progressions

Why are the Gravity Straps so effective for conditioning?

There are 3 simple and effective ways to change the level of the Gravity Straps 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 Gravity Straps enable 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 Gravity Straps 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 Gravity Straps 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.

Alternative Resistance Options:

Decreasing overall body mass:

By making the following changes in your positioning this will allow for increasing or decreasing the level of difficulty depending on the individual's level of fitness.

Example:

Prone (face down) with feet in the cuffs

Beginner—On their elbows

Intermediate & Advanced—executed from the hands



Exercise Program

Terms:

(NR) No Recovery

Move immediately to next exercise

(AR) 30 second Active Recovery

March in place, Jumping Jacks, Push-Ups, Mountain Climbers or Squat Jumps

Progression – Increasing Program Intensity

- 1 - **Duration** (i.e., 30 seconds to 45 seconds) – Muscular Endurance development
- 2 - **Sets** (i.e., increase the number of sets performed) – Muscular Strength 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 Gravity Straps exercise programs included.

BEGINNER · **INTERMEDIATE** · **ADVANCED**

GRAVITY STRAPS EXERCISE



BEGINNER
2-3 x weekly

EXERCISE	SET	TIME	REST
Squats	1	20-30 sec	30 sec
Row	1	20-30 sec	30 sec
Single Leg Squat	1	20-30 sec	30 sec
Standing Chest Press	1	20-30 sec	30 sec
Lunge Fly	1	20-30 sec	30 sec
Bicep Curl	1	20-30 sec	30 sec
Tricep Press	1	20-30 sec	30 sec
Sprinter Start	1	20-30 sec	30 sec
Knee Tuck	1	20-30 sec	30 sec
Oblique Crunch	1	20-30 sec	30 sec



GRAVITY STRAPS EXERCISE

(NR) No Recovery

Move immediately to next exercise

(AR) 30 Second Active Recovery

March in place, Jumping Jacks, Push-Ups,
Mountain Climbers or Squat Jumps

INTERMEDIATE
3 x weekly

EXERCISE	SET	TIME	REST
Squats	2	30 sec	AR
Row	1	45 sec	30 sec
Single Leg Squat	1	30 sec	AR
Standing Chest Press	2	30 sec	AR
Lunge Fly	1	45 sec	30 sec
Bicep Curl	1	45 sec	AR
Tricep Press	2	30 sec	30 sec
Sprinter Start	1	30 sec	AR
Knee Tuck	2	30 sec	30 sec
Oblique Crunch	1	20-30 sec	NR

GRAVITY STRAPS EXERCISE



(NR) No Recovery

Move immediately to next exercise

(AR) 30 Second Active Recovery

March in place, Jumping Jacks, Push-Ups, Mountain Climbers or Squat Jumps

ADVANCED
3-4 x weekly

EXERCISE	SET	TIME	REST
Squats	1	60 sec	AR
Row	1	60 sec	AR
Single Leg Squat	1	45 sec	30 sec
Standing Chest Press	2	45 sec	AR
Lunge Fly	2	30 sec	30 sec
Bicep Curl	2	30 sec	AR
Tricep Press	2	30 sec	30 sec
Sprinter Start	1	45 sec	NR
Knee Tuck	2	45 sec	AR
Oblique Crunch	2	30 sec	30 sec

GRAVITY STRAPS EXERCISE



Squat



STEP ONE - Stand facing door with feet shoulder width apart while holding Gravity Straps at same width. Forearms should form a 90 degree angle to body.



STEP TWO - Hinge at the waist and sink back like you are sitting in a chair until crease of your hips are lower than knees. Exhale and drive upward through heels while squeezing glutes.

GRAVITY STRAPS EXERCISE



Row



STEP ONE - Facing door, hold Gravity Straps shoulder width apart. Position feet slightly apart and arms at 90 degree angle to body. Walk feet forward toward door while keeping tension on Gravity Straps.



STEP TWO - Inhale. Use biceps and lat muscles to draw you up and towards the door, leading with chest. Exhale and reverse movement. Lengthen straps and increase body angle to increase resistance.



GRAVITY STRAPS EXERCISE

Single Leg Squat

Hold both handles.



STEP ONE - Facing door, hold Gravity Straps close together. Position feet slightly apart and arms at 90 degree angle to body. Balance on your left foot and extend your right leg so it is parallel with the floor.



STEP TWO - While keeping your chest up and core engaged. Sit back on your left leg until your left thigh is parallel to the floor. Exhale and drive upward through heels while squeezing glutes.

GRAVITY STRAPS EXERCISE



Standing Chest Press

STEP ONE - Stand facing away from the door. Grip Gravity Straps slightly wider than shoulder width. Body should be at a 45 degree angle to floor with feet close together. 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.



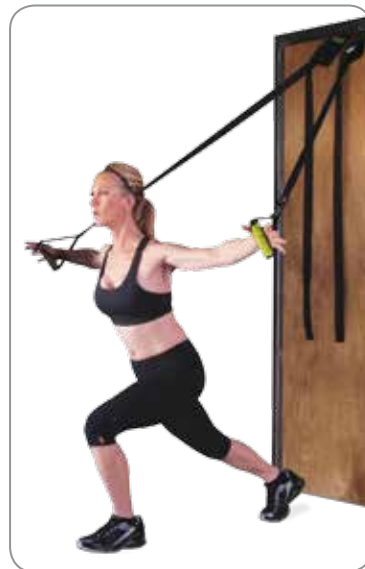
GRAVITY STRAPS EXERCISE



Lunge Fly

STEP ONE - Stand facing away from the door. Grip Gravity Straps at shoulder width. Arms should be extended in front of your body parallel to the floor with feet close together.

STEP TWO - Step forward into a lunge position with your left leg. Make sure your knee is not in front of your foot and that your thigh is parallel to the floor. While lunging forward bring your arms out laterally to your side. Drive back up with your left leg while simultaneously bringing your arms back the center of your body in a flying motion. You will feel this in your chest, glutes, and buttocks.



GRAVITY STRAPS EXERCISE



Bicep Curl



STEP ONE - Stand facing door with feet close together. While arms are extended, grip Gravity 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 handles are almost under your chin. Slowly extend arms to starting position and repeat.

GRAVITY STRAPS EXERCISE



Tricep Press

STEP ONE - Stand facing away from the door. Grip Gravity Straps close to your chest with your palms facing in towards your body. Arms should be bent at 90 degree angles.

STEP TWO - Keeping your palms facing in toward your body press down on handles and let them slide down your sides until your arms are fully extended. Slowly let return to starting position and repeat.



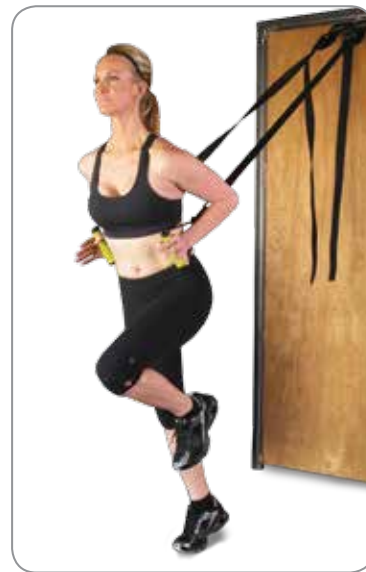
GRAVITY STRAPS EXERCISE



Sprinter Starts

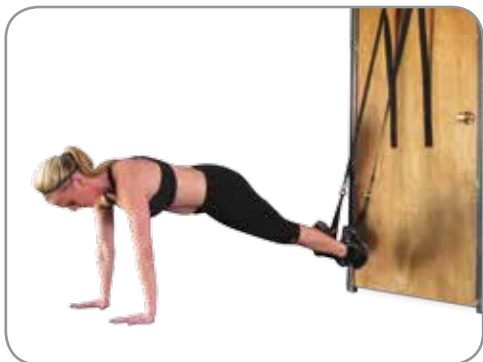
STEP ONE - Stand facing away from the door. Grip Gravity Straps close to your chest with your palms facing in towards your body. Arms should be bent at 90 degree angles. Stagger your stance so that your left foot is behind your body with your right leg bent.

STEP TWO - From the sprinters stance, drive your left leg forward and upward until your thigh is parallel with the floor. Simultaneously explode upward with your right leg. Return to starting position and repeat.

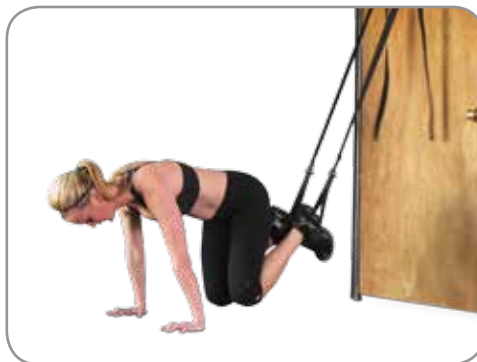


Knee Tuck

Refer to: (Page 6)
"Getting Into Foot Cradles"



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



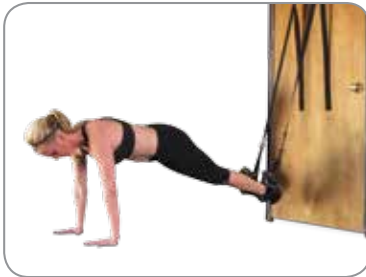
STEP TWO - Draw knees toward chest as you exhale. Don't let your back "round out." Keep core engaged. Inhale as you relax your body and return to the starting position and repeat.

GRAVITY STRAPS EXERCISE



Oblique Crunches

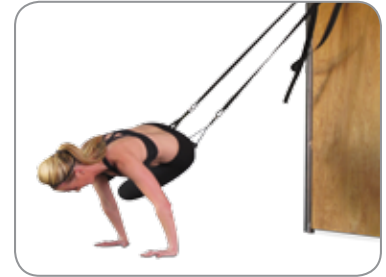
Refer to: (Page 6)
"Getting Into Foot Cradles"



STEP ONE - Utilizing foot cradles, assume a standard pushup 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.

GRAVITY STRAPS EXERCISE



WARNING



IMPORTANT: Read and follow all warnings and directions 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 instructions 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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