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#### **Brook Benten**

M.Ed, ACSM-Certified Exercise Physiologist

We are proud to have Brook as the Lead Education & Training Expert for GoFit. She is a certified Exercise Physiologist through the American College of Sports Medicine, and ACE-certified Personal Trainer. She has achieved the highest regarded kettlebell certifications: RKC, SFG I, and Strong First Girya Level II. She is also the Founder and President of CardioPump™ Fitness, an Austin, TX based kettlebell education provider for NIRSA college and universities recreation centers throughout the United States.

"By educating others on physical fitness and basic nutrition, I hope to impart a passion for exercise and lifelong pursuit of health and wellness."

-Brook Benten

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# **A** WARNING

The risk of injury from participating in this or an 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 (ie. 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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# **A** WARNING



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

INSPECT ALL COMPONENTS, MATERIALS AND STITCHING BEFORE EVERY USE. IF DAMAGE OR WEAR IS PRESENT, DISCONTINUE USE.

#### DOOR ANCHOR

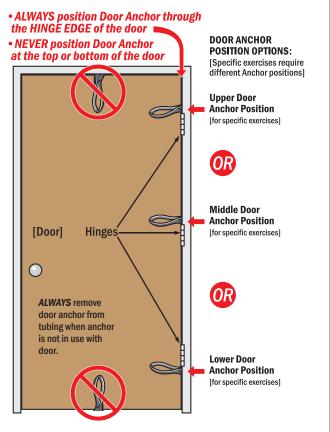
- ALWAYS inspect Door Anchor before every use.
- ALWAYS place the Door Anchor through the hinge side of the door.
- ALWAYS lock the door when using the Door Anchor.
- NEVER place the Door Anchor over or under the door.
- ALWAYS remove Door Anchor from tubing when anchor is not in use with the door.

#### **TUBING**

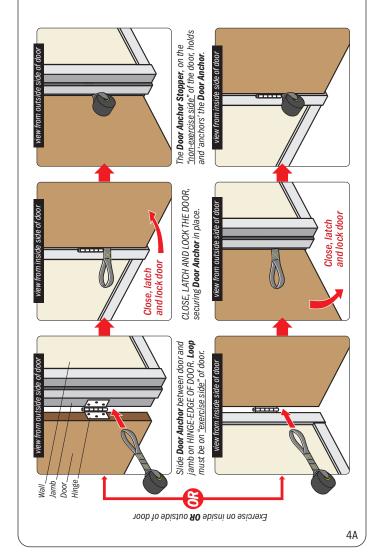
- · **ALWAYS** inspect Tubing before every use.
- NEVER stretch Tubing more the twice its resting length.
- DISCONTINUE USE if Tubing becomes nicked or torn.
- ONLY use this product in the manner shown or intended.



#### **DOOR ANCHOR PLACEMENT**



#### **DOOR ANCHOR INSTALLATION**



#### **Usage Guidelines**

This manual is a visual reference guide to accompany the ProGym training video, available **FREE** at www.gofit.net in the *Workout Video Library*. When viewing the video, use this manual to prepare for the exercises and as a guide to take with you when traveling. Always start at a level that will allow you to complete all the recommended reps and sets as described on the video.

#### **IMPORTANT:**

To get the most out of the video and manual, begin with the **TECHNIQUE TUTORIAL** to learn the proper form and function for each exercise. Once you have mastered each exercise, you are ready to move onto the **WORKOUTS** section of the video and manual.

#### **MAINTENANCE AND CARE**

- Clean the ProGym components with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners.
- Keep the ProGym out of direct sunlight. The ProGym should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.
- Some of the ProGym components are composed of rubber and foam—the life span of these parts will depend on the amount of usage and proper care.

#### **Workout Guidelines**

#### **TUBES**

**BEGINNER:** Select 20lb (green) tube for upper body and 30lb (red) tube for lower body exercises.

**INTERMEDIATE:** Select 30lb (red) tube for upper body and 40lb (blue) tube for lower body exercises.

**ADVANCED:** Clip multiple tube ends into a single carabiner on each end.

#### **WORKOUTS**

#### **UPPER ANCHOR HIIT (HIGH INTENSITY INTERVAL TRAINING):**

Perform each exercise for 45 seconds, rest until you feel recovered between sets. Repeat for 3 sets.

#### **LOW ANCHOR CIRCUIT (STRENGTH CIRCUIT W/ ANKLE CUFF):**

Perform 12 repetitions of each exercise, rest until you feel recovered between sets. Repeat for 3 sets.

#### **UNANCHORED TABATA:**

Perform exercise for 20 seconds "on", 10 seconds "off" in order to transition to your next exercise. This totals 4-minutes of work. Once you have performed all exercises, rest until you feel recovered between sets. Repeat for 3 sets.

#### **TIPS**

- Take breaks between sets.
- Never sacrifice proper form.
- Discontinue if you feel undue pain.
- Be patient and persistent. Building strength takes time.
- Repeat this workout 2-3 times per week with at least 24-hours between sessions.
- · Have a towel and water bottle readv.
- Breathe. Your muscles need oxygen.
- -Inhale when the muscle lengthens
- -Exhale when the muscle shortens.

Think "exhale on the exertion."

• Stretch upon completion.

# **Squat Jumps**



Start

Upper Door Anchor Position (HIIT)



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

## Rows



Upper Door Anchor Position (HIIT)

Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

PROGYM 1 PROGYM 2

## **High to Low Wood Chop**



Upper Door Anchor Position (HIIT)

Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

## **Declining Chest Press**



Upper Door Anchor Position (HIIT)

Start



Finish

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

PROGYM 3 PROGYM 4

## **Stiff Arm Lat Pull Down**



Upper Door Anchor Position (HIIT)

Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

## **High Rows**



Lower Door Anchor Position (Strength Circuit)

Start



Finish

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

PROGYM 5 PROGYM 6

# **Bicep Curls**



Lower Door Anchor Position (Strength Circuit)

Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

## **Incline Chest Press**



Lower Door Anchor Position (Strength Circuit)

Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

## **Tricep French Press**



Lower Door Anchor Position (Strength Circuit)

Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

## **Vertical Knee Lifts**



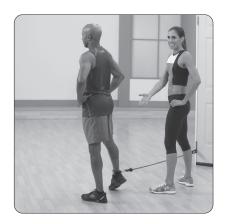
Start

Lower Door Anchor Position (Strength Circuit)

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

**Finish** 

## **Hip Adduction**



Lower Door Anchor Position (Strength Circuit)

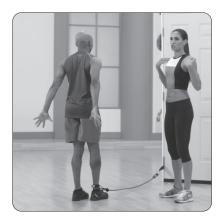
Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

## **Standing Superman**



Lower Door Anchor Position (Strength Circuit)

Start



**Finish** 

\* ALWAYS position Door Anchor through the Hinge Edge of the door.

PROGYM 11 PROGYM 12

# **Prisoner Squat to Plyo Lunge**

#### Start Unanchored Tabata





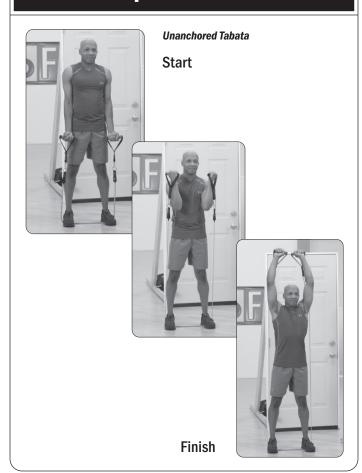




Jump from Squat position to Lunge position.

**Finish** 

# **Bicep Curl to Press**



PROGYM 13 PROGYM 14

## **Overhead Squats**

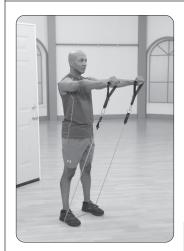


Unanchored Tabata Start



**Finish** 

### **Front into Lateral Shoulder Raise**



Unanchored Tabata

Start—Arms down by your side.

Front Shoulder Raise, lower your arms to starting position, then raise arms to Lateral Shoulder Raise.



**Finish** 

PROGYM 15 PROGYM 16

# "Skaters"—Lateral Bounds **Unanchored Tabata** Start **Finish**



PROGYM 17

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TRAIN, RECOVER, REPEAT.











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