

Bonus

**Plyo Exercise
Book**



PLYOBOX

@Home Total Body Solution



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WARNING



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

PLYOBOX 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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WARNING



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PLYOBOX USAGE

- The Plyobox 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.
- Do not use the Plyobox for anything other than it's intended exercise purpose.
- Do not attempt any type of gymnastic movements on the Plyobox. Use only as shown/illustrated/intended.
- **ALWAYS** inspect the Plyobox before every use for loose screws or other damage. If you find any cracks or damage, discontinue use immediately and contact GoFit.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- The Plyobox could pose a hazard to children and pets, therefore must **NEVER** be left unattended. To avoid accidents, store the Plyobox out of the reach of children when not in use.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Plyobox or any object coming into contact with the Plyobox.
- The Plyobox may be used indoors or outdoors.
- Make sure you have adequate clearance in the area around the Plyobox where you are using it. It should be a clean, level surface.
- Before each use remove any sharp objects from the exercise area (such as rocks when using outdoors)
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Plyobox is not recommended for use during pregnancy.

MAINTENANCE AND CARE

- Clean the Plyobox with mild soap and warm water. Allow to fully dry before storing. **DO NOT** store the Plyobox outdoors.
- **DO NOT** use abrasive or chemical cleaners.
- Keep the Plyobox out of direct sunlight. The Plyobox should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.

PLYOBOX ASSEMBLY INSTRUCTIONS

OVERVIEW:

Parts –

1) Before you begin assembly, lay the 5 panels out flat, lining-up the interlocking tabs and notches as shown here.

Note: the “logo side panels” are opposite each other, and the “handle hole panels” are opposite each other.

2) Ensure you have 16 screws
(18 screws are included—2 extras).

Tools required –

It is recommended to use a phillips-head, power screwdriver for assembly (not included).



Order of assembly –

Refer to the diagram on the next page for assembly.

- 1) First, dry-fit all the panels together—sides, then top.
- 2) Then, screw the panels together for final assembly.



ASSEMBLY
DIAGRAM ON
NEXT PAGE

PLYOBOX ASSEMBLY INSTRUCTIONS - CONTINUED

ASSEMBLY:

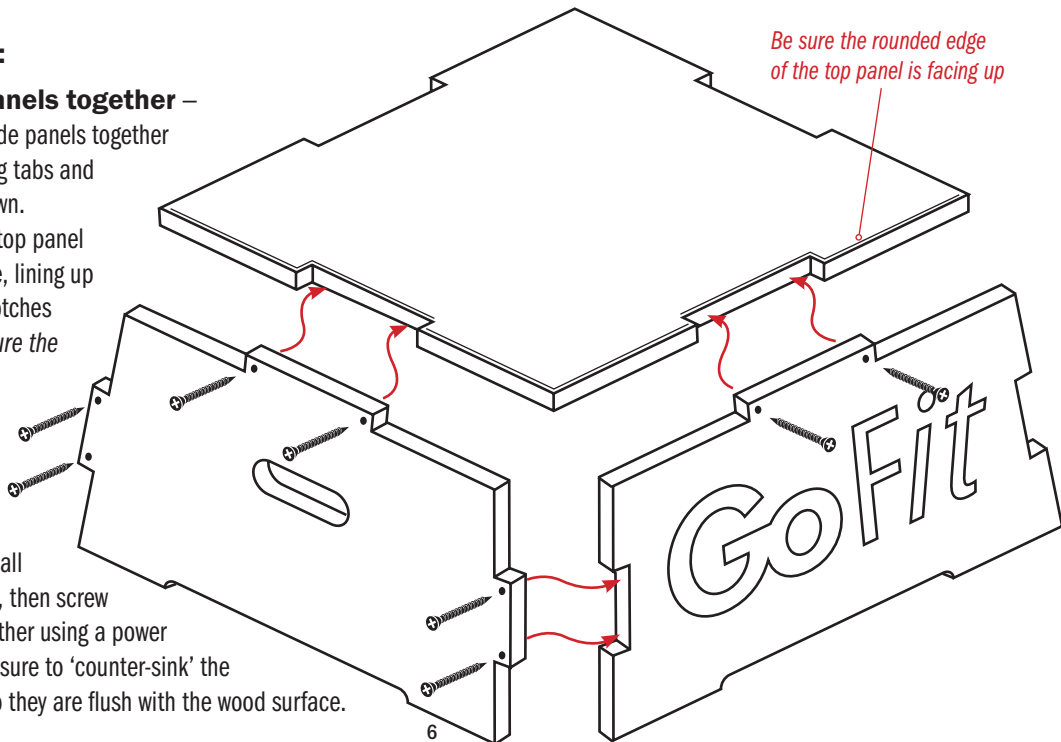
1. Dry-fit panels together –

1) Fit all four side panels together with interlocking tabs and notches as shown.

2) Next, fit the top panel down into place, lining up the tabs and notches as shown. *Be sure the rounded edge of the top panel is facing up.*

2. Screw all pieces together –

After dry-fitting all pieces together, then screw the pieces together using a power screwdriver. Be sure to 'counter-sink' the screw heads, so they are flush with the wood surface.





PLYOBOX EXERCISE

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

Cardio Workout – Helps your heart, lungs and organs to efficiently consume, transport and utilize oxygen.

Plyometric Workout – Exercises designed to produce fast and powerful movements.

Progression – Increasing Plyobox Program Intensity

- 1 - **Duration** (i.e., 20 seconds to 30 seconds) – Muscular Endurance development and cardio efficiency.
- 2 - **Sets** (i.e., increase the number of sets performed) – Muscular Strength development and cardio performance.
- 3 - **Height** (i.e., increasing Plyobox height) – Muscular Power development.

Customize your own program by adding the exercises of your choice, or start with the progressive Plyobox exercise programs included:

BEGINNER • INTERMEDIATE • ADVANCED



PLYOBOX EXERCISE

(AR) 30 Second Active Recovery
March in place, Jumping Jacks, Push-Ups,
Mountain Climbers or Squat Jumps

BEGINNER
2-3 x weekly

The Plyometric workout should be
performed on alternate days to
the Cardio Workout

CARDIO WORKOUT

EXERCISE	SETS	TIME	REST
Step Ups	1	15-20 sec	AR
Plyo Jumps	1	15-20 sec	AR
Push Ups Decline	1	15-20 sec	2 min
Lateral Step Ups	1	15-20 sec	AR
Single Leg Squats	1	15-20 sec	AR
Lateral Running Man	1	15-20 sec	2 min
Knee Tucks	1	15-20 sec	AR
Push Ups Incline	1	15-20 sec	AR
Dips	1	15-20 sec	2 min

PLYOMETRIC WORKOUT

EXERCISE	SETS	REPS	REST
Step Ups	1	10	2 min
Lateral Step Ups	1	10	2 min
Plyo Jumps	1	10	2 min
Lateral Plyo Jumps	1	10	2 min
Altitude Landings	1	10	2 min
Low to High Progression	1	10	2 min
High to Low Progression	1	10	2 min



PLYOBOX EXERCISE

(AR) 30 Second Active Recovery
March in place, Jumping Jacks, Push-Ups,
Mountain Climbers or Squat Jumps

CARDIO WORKOUT

EXERCISE	SETS	TIME	REST
Step Ups	2	20-25 sec	AR
Plyo Jumps	2	20-25 sec	AR
Push Ups Decline	2	20-25 sec	2 min
Lateral Step Ups	2	20-25 sec	AR
Single Leg Squats	2	20-25 sec	AR
Lateral Running Man	2	20-25 sec	2 min
Knee Tucks	2	20-25 sec	AR
Push Ups Incline	2	20-25 sec	AR
Dips	2	20-25 sec	2 min

PLYOMETRIC WORKOUT

EXERCISE	SETS	REPS	REST
Step Ups	2	12	2 min
Lateral Step Ups	2	12	2 min
Plyo Jumps	2	12	2 min
Lateral Plyo Jumps	2	12	2 min
Altitude Landings	2	12	2 min
Low to High Progression	2	12	2 min
High to Low Progression	2	12	2 min

INTERMEDIATE
3 x weekly

The Plyometric workout should be performed on alternate days to the Cardio Workout



PLYOBOX EXERCISE

(AR) 30 Second Active Recovery
March in place, Jumping Jacks, Push-Ups,
Mountain Climbers or Squat Jumps

ADVANCED
3-4 x weekly

The Plyometric workout should be
performed on alternate days to
the Cardio Workout

CARDIO WORKOUT

EXERCISE	SETS	TIME	REST
Step Ups	3	25-30 sec	AR
Plyo Jumps	3	25-30 sec	AR
Push Ups Decline	3	25-30 sec	2min
Lateral Step Ups	3	25-30 sec	AR
Single Leg Squats	3	25-30 sec	AR
Lateral Running Man	3	25-30 sec	2min
Knee Tucks	3	25-30 sec	AR
Push Ups Incline	3	25-30 sec	AR
Dips	3	25-30 sec	2min

PLYOMETRIC WORKOUT

EXERCISE	SETS	REPS	REST
Step Ups	3	15	2min
Lateral Step Ups	3	15	2min
Plyo Jumps	3	15	2min
Lateral Plyo Jumps	3	15	2min
Altitude Landings	3	15	2min
Low to High Progression	3	15	2min
High to Low Progression	3	15	2min



PLYOBOX EXERCISE

Step Ups

EXAMPLE VIDEO
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STEP ONE - Stand facing the Plyobox with feet shoulder width apart. Using one continuous motion, step up onto the Plyobox with one foot, then step up with the other foot—thrusting your knee upward in a marching manner. Simultaneously pump your arms (the arm opposite to the ‘up’ foot, thrusts upward).

STEP TWO - Step back down from the Plyobox one foot at a time to your beginning position. Repeat Step One, starting with the other foot. Continue your Step Ups alternating your feet and arms.

Lateral Step Ups

EXAMPLE VIDEO
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STEP ONE - Stand beside the Plybox with feet shoulder width apart. Step up laterally onto the Plybox with the foot closest to the Plybox. Then step up laterally with the other foot—thrusting your knee upward in a marching manner. Simultaneously pump your arms (the arm opposite to the ‘up’ foot, thrusts upward).

STEP TWO - Step back down on top of the Plybox with the ‘up’ foot so both feet are flat on top of the Plybox. Step down laterally on the opposite side of the Plybox with the other foot. Repeat Step One in reverse order. Continue your Lateral Step Ups alternating your feet and arms.



PLYOBOX EXERCISE

Lateral Running Man

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STEP ONE - Face the back corner of the Plyobox with feet shoulder width apart. Step up laterally onto the Plyobox with the foot closest to the Plyobox back. Then step up with the other foot—thrusting your knee upward in a running manner. Simultaneously pump your arms (the arm opposite to the 'up' foot, thrusts upward).

STEP TWO - Step back down on top of the Plyobox with the 'up' foot so both feet are flat on top of the Plyobox. Step down laterally on the opposite side of the Plyobox with the other foot. Repeat Step One in reverse order. Continue your reps alternating your feet and arms.

Plyo Jumps

EXAMPLE VIDEO
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STEP ONE - Stand facing the Plyobox with feet shoulder width apart. Bending at your knees and springing with your legs, jump upward onto the Plyobox.



STEP TWO - Step back down from the Plyobox one foot at a time to your beginning position. Repeat Step One.



PLYOBOX EXERCISE

Lateral Plyo Jumps

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STEP ONE - Stand beside the Plyobox with feet shoulder width apart. Bending at your knees and springing with your legs, jump laterally onto the Plyobox.



STEP TWO - Step back down from the Plyobox one foot at a time to your beginning position. Repeat Step One.

Altitude Landings

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STEP ONE - Stand on Plyobox with feet shoulder width apart. Bending at your knees and springing with your legs, jump forward off of the Plyobox.



STEP TWO - Turn around and step back up onto the Plyobox. Repeat Step One.



PLYOBOX EXERCISE

Low To High Progression

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1-Line up a short and a tall Plyobox—shorter one first. Space them so you have room to jump off and land between them. Stand facing the shorter Plyobox with feet shoulder width apart. **2**-Jump up onto the shorter Plyobox with both feet. **3**-Jump down in between Plyoboxes. **4**-Jump up onto the taller Plyobox. **5**-Jump down on the other side. Walk back around to the starting position and repeat.





PLYOBOX EXERCISE

High To Low Progression

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1-Line up a tall and a short Plyobox—taller one first. Space them so you have room to jump off and land between them. Stand facing the taller Plyobox with feet shoulder width apart. **2**-Jump up onto the taller Plyobox with both feet. **3**-Jump down in between Plyoboxes. **4**-Jump up onto the shorter Plyobox. **5**-Jump down on the other side. Walk back around to the starting position and repeat.



PLYOBOX EXERCISE

Single Leg Squats

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STEP ONE - Stand in front of the Plyobox far enough away so you can extend your leg back and place your foot (top-side-down) on the Plyobox. Slightly bend your knee making your lower leg parallel to the ground.



STEP TWO - While holding your arms out in front of you for balance, bend your front knee and lower your body downward in a squat position. Bend your back knee as you lower without letting it touch the ground. Raise back up to your beginning position and repeat.

Knee Tucks

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STEP ONE - Sit on the Plyobox so you are able to use the side handle slots to stabilize your position. Extend your toes out and up in front of you creating a 'V' formation with your body.



STEP TWO - While maintaining your balance, bring your knees in toward your chest. Keep your lower legs parallel to the ground. Extend your legs back to your beginning position and repeat.



PLYOBOX EXERCISE

Push Ups - Decline

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STEP ONE - Place your body in a standard 'push up' position *except* with your toes elevated up onto the Plyobox. Your arms should be fully extended holding you off of the ground.



STEP TWO - Bend your elbows, lowering your upper body towards the ground. Just as in a standard 'push up,' do not lower your chest below the level of your elbows. Push up into the beginning position and repeat.



PLYBOX EXERCISE

Push Ups - Incline

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STEP ONE - Place your body in a standard 'push up' position *except*, with your hands, grasp the outside top edges of the Plybox so your upper body is elevated. Your arms should be fully extended with your body and legs lined up in a straight line angled to the ground.



STEP TWO - Bend your elbows, lowering your upper body towards the Plybox, just as done in a standard 'push up.' Lower yourself to the point where your chest almost touches the Plybox. Push up into the beginning position and repeat.

Dips

EXAMPLE VIDEO
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STEP ONE - Sit on the edge of the Plyobox, facing away from it. With fingers forward, grasp the edge of the Plyobox. Support your weight on the heels of your hands, and walk your feet out until your backside clears the Plyobox. Try to keep your body and legs in a straight line, angled down to your feet.



STEP TWO - While bending at the waist and bending your elbows, lower your upper body—do not touch the ground. Firing your triceps, push your body back up into the beginning position and repeat.



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PLYOBOX



WARNING



IMPORTANT: Read all warnings and directions before using this product in order 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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