

SuperBandGym



Training Manual



WARNING



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

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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, 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



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

- **ALWAYS** wear eye protection when using these products
- **ALWAYS** inspect stitching prior to use
- **ALWAYS** insure that the carabiner latch is closed and secure

DOOR ANCHOR

- **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 door

SUPER BANDS

- **NEVER** stretch Bands more than **twice** its resting length
- **ALWAYS** inspect Tubing or Bands before every use
- **DISCONTINUE USE** if Bands become nicked or torn
- **ONLY** use this product in the manor shown or intended
- **NEVER** leave unattended

MAINTENANCE AND CARE

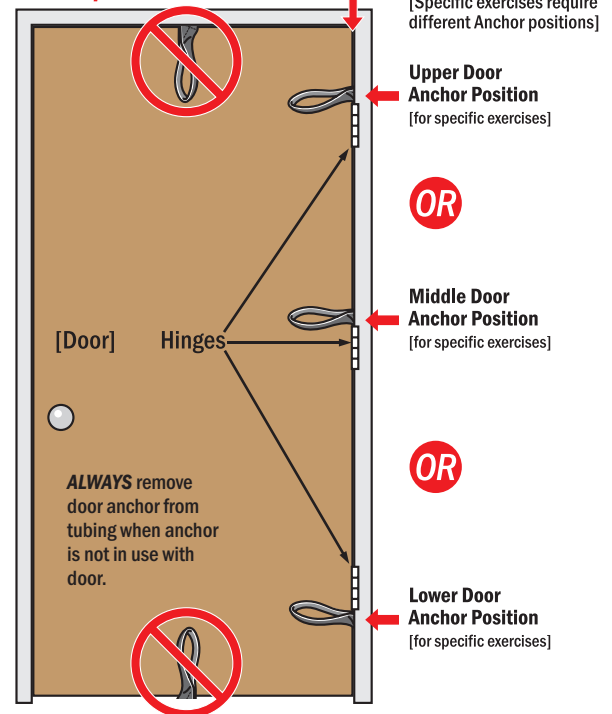
- Clean the Super Band Gym with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Super Band Gym out of direct sunlight. The Super Band Gym should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources.
- The Super Bands are composed of rubber and the life span of the band will depend on the amount of usage and proper care.



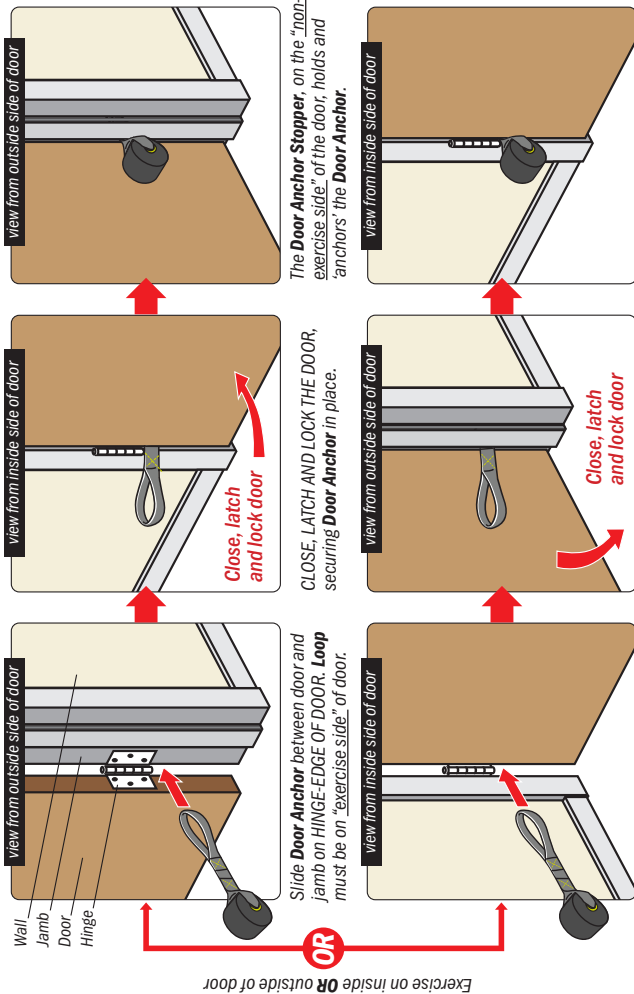
WARNING

DOOR ANCHOR PLACEMENT

- **ALWAYS** position Door Anchor through the **HINGE EDGE** of the door
- **NEVER** position Door Anchor at the top or bottom of the door

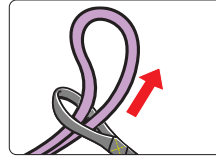


DOOR ANCHOR INSTALLATION

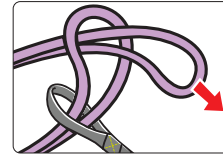


Super Band—Door Anchor & Carabiner Connection

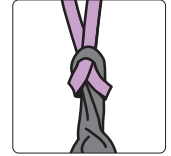
Single Strength



1. Pull Super Band through the door anchor loop.

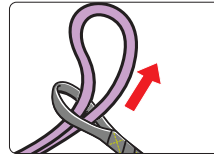


2. Pull the opposite end of the Super Band through the portion of Super Band that is pulled through the door anchor loop.

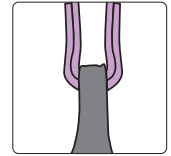
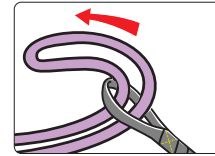


3. Insure the Super Band interlocks with the door anchor loop by pulling the connection tightly together.

Double Strength



Pull Super Band through the door anchor loop until you have an equal amount of band on each side of the door anchor loop and connect to the Super Band Bar.



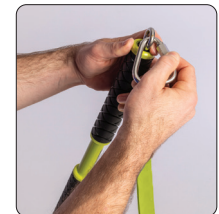
Super Band / Bar Carabiner Connection



1. Place looped end of Super Band on to carabiner.



2. Turn carabiner latch until opening is sealed and securely closed.



Usage Guide

The GoFit Super Band Gym carabiner connection is compatible with GoFit Super Bands, GoFit Power Tubes, and GoFit Go Gravity Gym-Gravity Straps.



All work with the same connection



This Training Manual is a reference guide for performing exercises with the GoFit Super Band Gym, to be used with GoFit Integrated Resistance System training products as a modular component system.

IMPORTANT NOTE:

Follow all warnings and installation instructions provided with each GoFit Rubber Resistance Training System Product

All items sold separately—build your own custom workout program.

GETTING STARTED

GoFit Super Bands, Power Tubes, and Go Gravity Gym:

Connect the Super Bands, Power Tubes, or Go Gravity Gym - Gravity Straps to the carabiner ends of the Bar. Follow all Warnings and usage instructions included with the Super Band Gym, Power Tubes, and Go Gravity Gym, sold separately. Choose the weight-resistance levels appropriate to your training program. With the many choices available, you can expand on your exercise program as your training level advances.

The GoFit Door Anchor:

Some exercises use the GoFit Door Anchor. Follow all Warnings and usage instructions included with the Door Anchor, sold separately.

For quick reference, see Door Anchor placement instructions on page 3A-5A of this manual.

Exercise Guidelines

Always start your training at a level that will allow you to complete the recommended reps and sets. For optimal results when exercising, only increase weight resistance as you're able to maintain proper form and control while doing so.

- Take breaks between sets
- Discontinue if you feel undue pain
- Be patient and persistent—building strength takes time
- Have a towel and water bottle ready
- Breathe—your muscles need oxygen
 - Inhale when the muscle lengthens
 - Exhale when the muscle shortens.
- Think “exhale on the exertion.”
- Stretch before your workout, and especially upon completion.

Do exercises in proper order so you are balancing your muscle function. Example: while exercising your upper arms, follow a “pulling” exercise, such as bicep curls with a “pushing” exercise, such as tricep presses.

		WORKOUT	FREQUENCY	SETS	REPS
FITNESS LEVEL	BEGINNER	Choose 10 exercises	2 x weekly 2 days rest between workouts -3 minute rest between exercises	1	10-12
	INTERMEDIATE	Choose 12 exercises	3 x weekly -At least 1 day rest between workouts -90 seconds rest between sets -2 minute rest between exercises	2	8-10
	ADVANCED	Do all 15 exercises	3 x weekly -At least 1 day rest between workouts -45 seconds rest between sets -1 minute rest between exercises	3	8-10

Chest Press



POSITION - Place the Super Band Gym (both halves) around your upper back with the Bar at chest-height. Ensure that the bands are not twisted for maximum comfort and minimal pinching.

MOVEMENT - Press your arms outwards and bring them back in towards your chest. Don't rush the movement, make it intentional.

SUPER BAND GYM

1

Training Manual

Bicep Curl



SUPER BAND GYM

2

Training Manual

Bicep Press Out

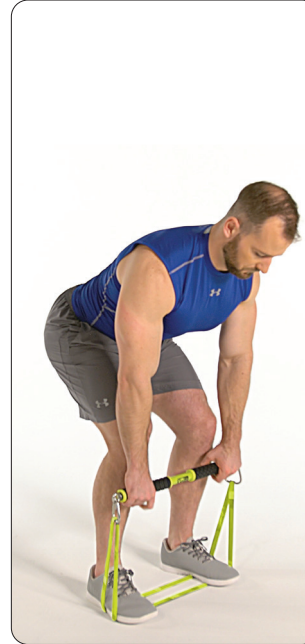


SUPER BAND GYM

Training Manual

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Dead Lift



SUPER BAND GYM

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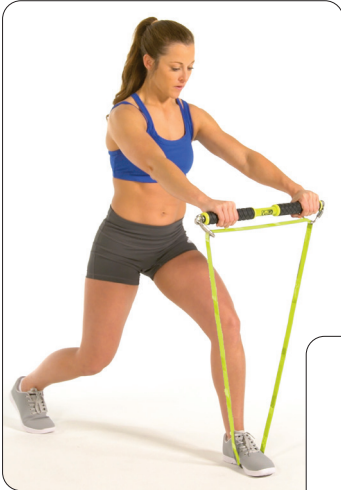
Bent Over Row



Upright Row



Front Raise

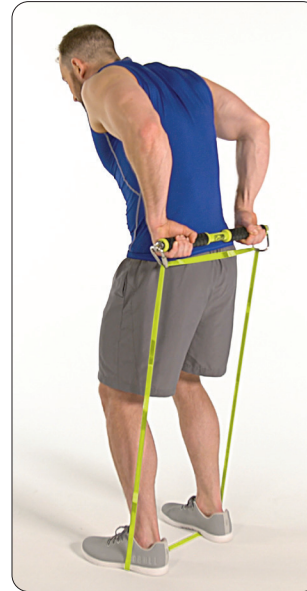


SUPER BAND GYM

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Tricep Kickback



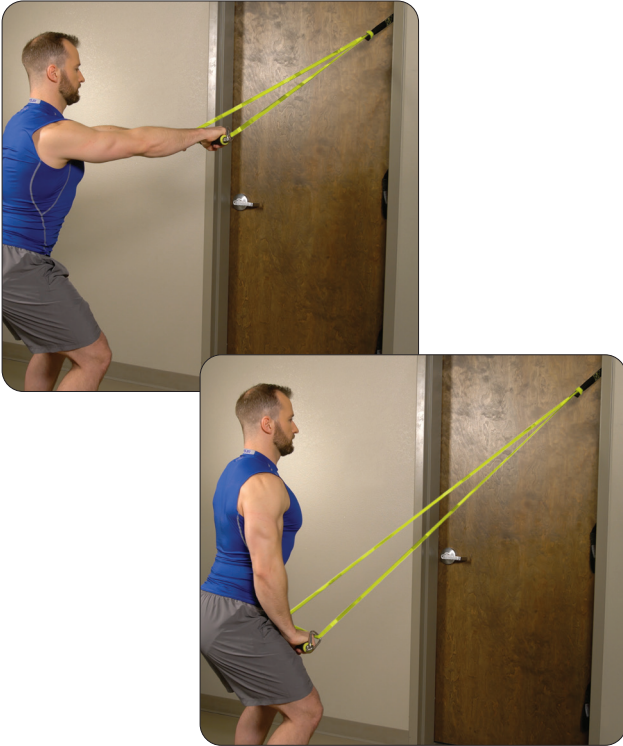
SUPER BAND GYM

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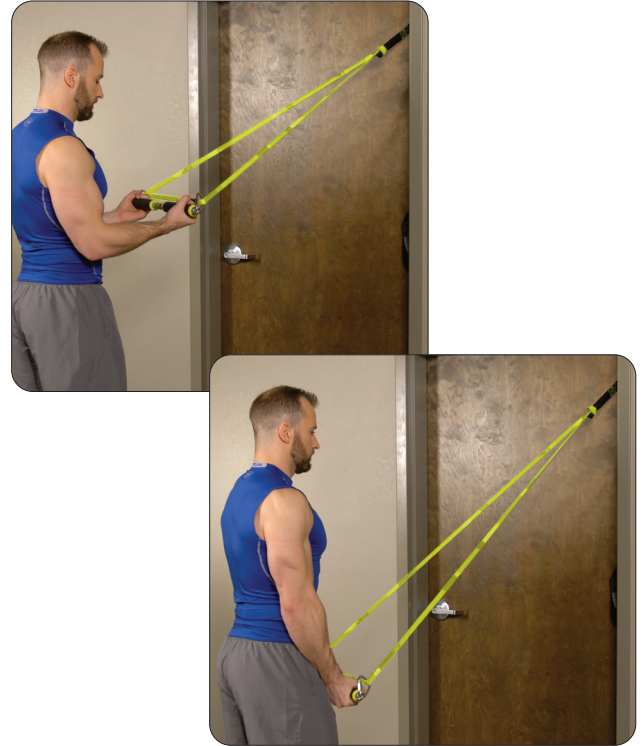
Tricep Pull-Down

***Upper Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



Reverse Grip Pull-Down

***Upper Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



High Anchor Wood Chop

***Upper Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



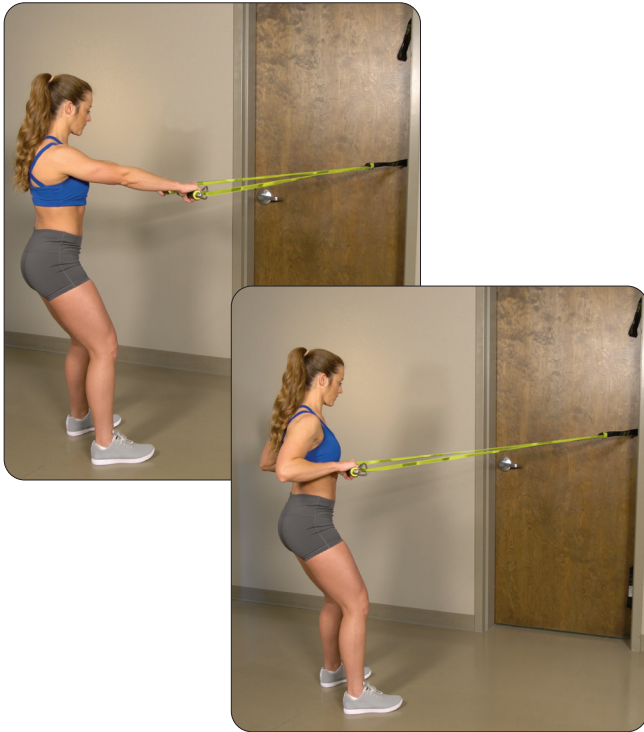
Overhead Tricep Press

***Mid Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



Row

***Mid Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



Core Press

***Mid Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



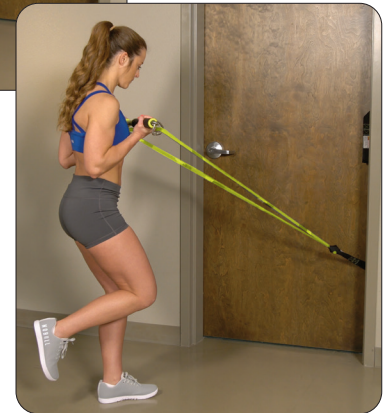
Bicep Curl

***Low Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



Single Leg Bicep Curl

***Low Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



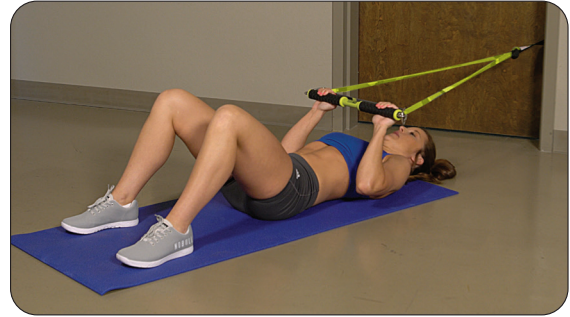
Low Anchor Wood Chop

***Low Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



Crunch

***Low Door Anchor Position, through hinge side of door.**
Connect band to anchor with slip knot.



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with companion products and
instructional content from GoFit.

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TRAIN. RECOVER. REPEAT.



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