



TRAINING MANUAL



WARNING



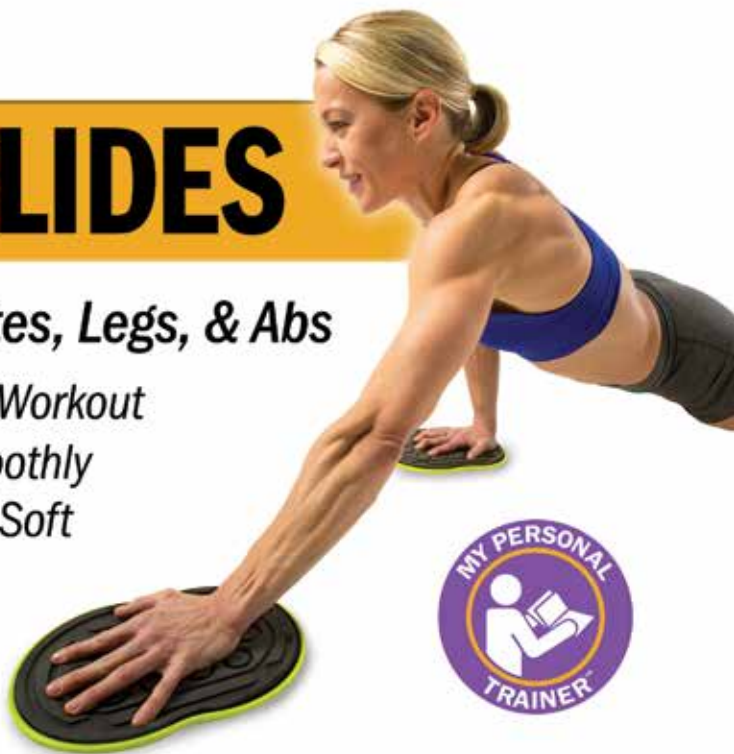
IMPORTANT: Read and follow all warnings and information before using this product, to reduce the risk of serious injury or fatality.



GO SLIDES

Target Glutes, Legs, & Abs

- Total Body Workout
- Slides Smoothly
On Hard & Soft
Surfaces





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GO SLIDES 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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GO SLIDES USAGE & CARE

- For upper body exercises—**DO NOT** use the Go Slides if you have shoulder or back injuries. Sedentary individuals should not use the Go Slides until core strength is developed to avoid injury.
- **NEVER** leave the Go Slides unattended as it could pose a hazard to children and pets. To avoid accidents, store the Go Slides out of the reach of children and keep away from pets when not in use.
- The Go Slides are not a toy; it is not intended for use by children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- **ALWAYS** inspect the Go Slides and components before every use. If you find any cracks or defects that would jeopardize function or safe usage, discontinue use immediately.
- The Go Slides may be used indoors on soft surfaces such as carpet, and hard surfaces such as wood floors. Be sure to apply Slider Booties if using Go Slides on hard surfaces.
- Make sure you have adequate clearance in the area around the Go Slides where you are using it. It should be a clean, level surface.

- Before each use remove any sharp objects from the exercise area that might impede the Go Slides from sliding properly, or may cause injury.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Go Slides or any object coming into contact with the Go Slides.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- Use Go Slides only as shown/illustrated/intended.
- Go Slides could pose a falling hazard.
- The Go Slides are not recommended for use during pregnancy.

MAINTENANCE AND CARE

- Clean the Go Slides with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Go Slides out of direct sunlight. The Go Slides should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources.



GO SLIDES USAGE

Go Slides may be used on soft or hard surfaces.

The included Slider Booties allow the slides to move smoothly over hard surfaces.



**SOFT SURFACES—
NO SLIDER BOOTIES NECESSARY**
Recommended on carpet.



HARD SURFACES—USE WITH SLIDER BOOTIES
Only recommended on hard wood, or smooth concrete, laminate, or tiled floors.

HOW TO PUT ON SLIDER BOOTIES:

- 1) Starting at one end of the Go Slide, pull Slider Bootie over slider.
- 2) Pull draw string to cinch the Slider Bootie onto the slider securely.
- 3) Squeeze clasp button and slide clasp to the base of the draw string and slider to ensure that Slider Bootie does not come off during use.





GO SLIDES RECOMMENDED WORKOUT GUIDELINES

The Go Slides are an ideal total body workout with a main focus of your core and lower body. We recommend that you include the Go Slide exercises as part of your complete exercise regimen. As you advance in using this tool, always improve your technique and form before increasing your repetitions or pushing your physical limitations. Always start at a level that allows you to complete the recommended reps and sets.

BEGINNER 2-3 x weekly

Choose 3
different Go
Slide exercises
per workout.

SET

1

REPS

8

Each side
if applicable.

REST

30 sec

b/w each set

INTERMEDIATE 3 x weekly

Choose 3
different Go
Slide exercises
per workout.

SET

2

REPS

10

Each side
if applicable.

REST

30 sec

b/w each set

ADVANCED 3-4 x weekly

Choose 3
different Go
Slide exercises
per workout.

SET

3

REPS

12

Each side
if applicable.

REST

30 sec

b/w each set

Reverse Lunge (One Slide)

START POSITION - Using one Go Slide, stand with your feet close together and arms bent at a 90 degree angle.

MOVEMENT - Slide your foot behind you so that you are in a lunge position and both knees are at a 90 degree angle, then slide foot back to start position. Repeat.



ADVANCED OPTIONS

As you slide your foot back alternate raising your arms out front then laterally parallel to the floor. You may also utilize a light hand-held weight.



GO SLIDES EXERCISE

Lateral Lunge (One Slide)

START POSITION - Using one Go Slide, Stand with your feet hip-width apart and your arms bent at a 90 degree angle.

MOVEMENT - As you slide your foot out laterally, hinge forward at your hips and bend your knee on the standing leg (try to keep your knee in line with your toes). Slide your foot back to start position. Repeat.





GO SLIDES EXERCISE

Quadruped w/ Extension (One Slide)



START POSITION - You will begin on your hands and knees with a Go Slide under one foot. Slide foot towards your chest while bringing your opposite elbow to your knee.



MOVEMENT - Simultaneously slide your foot behind you as you extend your arm in front of you, parallel to the floor. Slide foot and bring arm back to start position. Repeat.



ADVANCED OPTIONS

- 1) Alternate sliding your foot back and the laterally.
- 2) After extending your leg behind you, slide your leg out laterally then back behind you while maintaining a straight leg.



GO SLIDES EXERCISE

Quadruped Hip Abduction/Adduction

START POSITION - You will begin on your hands and knees with a Go Slide under each knee. Be sure that your knees are under your hips and hands are in line with your shoulders.



MOVEMENT - Keeping your feet positioned behind you, slide your knees out laterally as far as it is comfortable for you. Then slide your knees back to start position. Repeat.



ADVANCED OPTION

Kneel tall and keep your arms by your side and bent at a 90 degree angle.

Plank—One Knee In (One Slide)

START POSITION - With a Go Slide under one foot, raise up into a high plank. Feet will be spread hip-width apart and your hands should be in line with your elbows.



MOVEMENT - Slide your foot towards corresponding elbow, then slide your foot back to start position. Repeat.





GO SLIDES EXERCISE

Knee Tuck

START POSITION - With a Go Slide under each foot, raise up into a high plank. Keep feet close together and your hands in line with your elbows.



MOVEMENT - Tuck your knees and slide both feet towards your hands, then slide your feet back to start position. Repeat.



Pike

START POSITION - With a Go Slide under each foot, raise up into a high plank. Keep feet close together and your hands in line with your elbows.



MOVEMENT - Keeping your legs straight, simultaneously hinge at your hips and slide both feet towards your hands, then slide your feet back to start position. Repeat.





GO SLIDES EXERCISE

Modified Push Up Fly—One & Two Slider Options

ONE SLIDER:

START POSITION - Begin in kneeling push up position with a Go Slide under one hand.

MOVEMENT - As you lower down into your push up, slide your hand out laterally until your elbows are bent at a 90 degree angle. Then slide your arm back under your shoulder as you press up. Repeat.



TWO SLIDERS (ADVANCED):

START POSITION - Begin in kneeling push up position with a Go Slide under each hand.

MOVEMENT - As you lower down, slide both hands out laterally until your elbows are bent at a 90 degree angle. Then slide your arms back under your shoulders as you press up. Repeat.





GO SLIDES EXERCISE

Modified Hamstring Curl

START POSITION - You will begin lying on your back, arms out to your sides, and knees bent with a Go Slide under each heel.

MOVEMENT - Raise your bottom off the floor into a bridge position. Slide one foot out until your leg is straight, then slide your foot back. Repeat on same side, or alternate your legs while keeping your hips elevated.

ADVANCED OPTION

Slide both feet out and back to start position simultaneously.





GO SLIDES EXERCISE

Eccentric Hamstring Curl (One Slide)

Advanced Exercise

START POSITION - You will begin lying on your back, arms out to your sides, one knee bent up with a Go Slide under your heel and the opposite leg is elevated and bent at a 90 degree angle.



MOVEMENT - Raise your bottom off the floor into a bridge position. Slide your foot out until your leg is straight as possible, then slide your foot back. Repeat while keeping your hips elevated, then switch sides.





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IMPORTANT: Read and follow all warnings and information before using this product, to reduce the risk of serious 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.

Go to www.gofit.net for product information.