

UltraPower Loops



Training Manual

Lower Body Exercises



Table Of Contents

WARNINGS - Maintenance	1A
Exercise Guidelines	3A
Progressive Exercise Program	5A
Balance Circuit 1	1
Balance Circuit 2	2
Balance Circuit 3	3
Bent Knee Forward Walk - Ankles	4
Bent Knee Backward Walk - Ankles	5
Bent Knee Forward Walk - Knees	6
Bent Knee Lateral Walk - Knees	7
Glute Bridge	8
Glute Bridge Marching	9
Side Lying Hip External Rotation	10
Personal Notes Pages	11



TRAIN. RECOVER. REPEAT.

WARNING



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

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, the illustrations depicted in this program portray 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).

You acknowledge and agree that the Materials are provided by GoFit, LLC (directly and/or through their licensors). You agree that all persons appearing in these Materials do so on behalf of GoFit, LLC and that GoFit, LLC are the sole providers of the content of the Materials, notwithstanding any other person in the Materials appearing to endorse or recommend the Materials.

GOFIT, LLC AND THEIR AFFILIATED COMPANIES, DIRECTORS, OFFICERS, EMPLOYEES, AGENTS (INCLUDING THE MODELS IN THE MATERIALS) MAKE NO WARRANTIES OF ANY KIND OR NATURE RELATING TO THE MATERIALS, EITHER EXPRESS OR IMPLIED, AND EXPRESSLY DISCLAIMS ALL SUCH WARRANTIES AND REPRESENTATIONS, INCLUDING, BUT NOT LIMITED TO, THE WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE. KNOWLEDGE REGARDING THE HUMAN BODY AND EXERCISES CHANGES; THEREFORE, YOU SHOULD CHECK THE FOLLOWING WEB SITE FROM TIME TO TIME IN ORDER TO DETERMINE WHETHER THERE IS ANY NEWS REGARDING THE MATERIALS AT WWW.GOFIT.NET; HOWEVER GOFIT, LLC HAVE NO OBLIGATION TO PROVIDE UPDATES AND NEWS.

WARNING



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

POWER LOOPS

- The Power Loops are not toys; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes they must have constant adult supervision.
- **ALWAYS** inspect the Power Loops for nicks or cuts before every use. If you find any nicks or cuts discontinue use immediately.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- The Power Loops could pose a strangulation hazard to children and pets, therefore must **NEVER** be left unattended.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Power Loops.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Power Loops are not recommended for use during pregnancy.

MAINTENANCE AND CARE

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

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.

Exercise Guidelines

Training Terms:

Exercise Progression – Increasing Program Intensity

- 1- Duration –
(i.e., 20 seconds to 30 seconds)
Develop Muscular Endurance
- 2- Sets –
(i.e., increase the number of sets performed)
Develop Muscular Strength
- 3- Resistance –
(i.e., change band strength to increase resistance)
Develop Muscular Power

Add exercises of your choice to customize your own exercise program – or start with the Power Loop Progressive Exercise Program provided here:

BEGINNER • **INTERMEDIATE** • **ADVANCED**

Progressive Exercise Program

BEGINNER
2-3 x weekly

For All
Exercises

SET

REPS

REST

1

15

30 sec

between each set

INTERMEDIATE
3 x weekly

For All
Exercises

SET

REPS

REST

2

12

30 sec

between each set

ADVANCED
3-4 x weekly

For All
Exercises

SET

REPS

REST

3

12

30 sec

between each set

Balance Circuit 1

A



A- Stand with both feet in the loop as shown.

B



B- While keeping your foot parallel to the floor, raise the band until your leg is at a 90 degree angle. Repeat.

1

Balance Circuit 2

A



A- Stand with both feet in the loop as shown.

B



B- While keeping your foot parallel to the floor, raise your knee so your leg is at a 90 degree angle.

C



C- Keeping your foot parallel, turn your leg out and to the side. Return to the starting position and repeat.

2

Balance Circuit 3



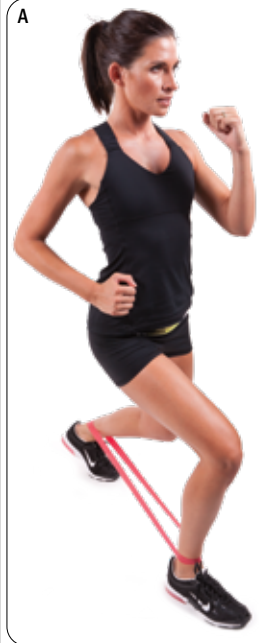
A- Stand with Power Loop around both ankles.



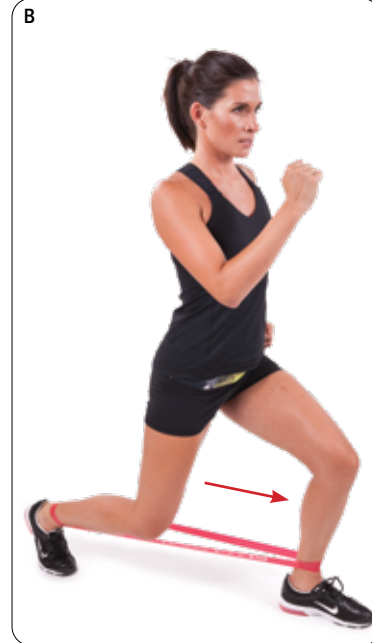
B- Balancing one foot, push your other leg in a backward motion and hold for 1-2 seconds. Release and repeat.

3

Bent Knee Forward Walk - Ankles



A- Place Power Loop around both ankles. Keep your knees bent, walk forward. Place your forward foot completely on the floor before lifting your other leg.



B- Repeat forward walk for 10-12 steps.

4

Bent Knee Backward Walk - Ankles



A- Place Power Loop around both ankles. Keep your knees bent, walk backward. Place your back foot completely on the floor before lifting your other leg.



B- Repeat backward walk for 10-12 steps.

5

Bent Knee Forward Walk - Knees



A- Place Power Loop around both legs, just above your knees. Keep your knees bent, walk forward. Place your forward foot completely on the floor before lifting your other leg.



B- Repeat forward walk for 10-12 steps.

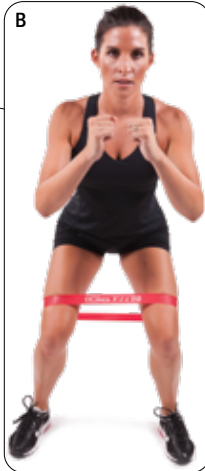
6

Bent Knee Lateral Walk - Knees

A- Place Power Loop above your knees. Pushing with your left foot, move to the right, while stepping laterally with your right foot and leg.



B- Bring your right foot back to the starting position and continue to the left side.



C- Pushing with your right foot, move to the left, while stepping laterally with your left foot and leg. Repeat.

7

Glute Bridge



A- Place Power Loop just above your knees. Lie facing up with your knees bent and your heels on the floor.



B- Lift your hips off the floor until your knees, hips and shoulders are in a straight line.

8

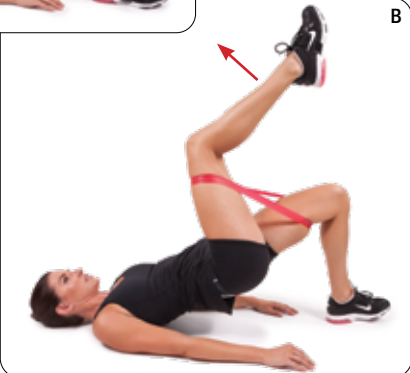
Glute Bridge Marching



A- Place Power Loop just above your knees. Lie face up with your knees bent and your heels on the floor.

B- Lift your hips off the floor until your body is in a straight line. Lift one leg to marching position.

C- Repeat with other leg.



9

Side Lying Hip External Rotation



A- Lie on your side as shown with the Power Loop around your legs, just above your knees.



B- With your upper leg, push the Power Loop up while keeping your feet together. Repeat for the desired reps, then switch to the opposite side.

10

Notes

Notes

Develop a well-rounded fitness plan
with companion products and
instructional content from GoFit.

Shop select retailers worldwide or visit us at
www.gofit.net
to find your total home-fitness solution.



TRAIN. RECOVER. REPEAT.



©2024 GoFit, LLC. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of GoFit, LLC.