

GORILLA BOW PROGRAM

GET STARTED WITH YOUR GORILLA BOW



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WELCOME TO THE GORILLA BOW TEAM

Congratulations on your commitment to health and fitness and welcome to the Gorilla Bow team!

Your new Gorilla Bow is a revolutionary workout tool utilizing resistance technology to strengthen and tone all muscle groups. Gorilla Bow's unique design and technology makes working out fun and extremely effective. The portability and versatility of your Gorilla Bow will allow you to workout whenever and wherever you chose, while offering endless workout options for a true full body workout experience.

The following information will get you familiar with the Gorilla Bow and also provides an 8 week workout plan with some useful nutritional tips. Additional information, workout tips and exercise videos are always available at www.GorillaBow.com/welcome

#GORILLAFITNESS

IN THE BOX



1-GORILLA BOW

2-ACCESSORY CASE

Store your bands and accessories in this convenient carrying case

3-BAND WRAP

Wrap the Band Wrap around multiple bands to keep them in place during specific exercises



4-FOUR COLOR CODED RESISTANCE BANDS

Tension @ 2.5x Stretch

Yellow 10 Pounds

Red 20 Pounds

Royal Blue 32 Pounds

Black 50 Pounds

Blue 60 Pounds

Orange 80 Pounds

Grey 90 Pounds



APPLY YOUR RESISTANCE BANDS

USE UP TO 340 POUNDS IN TENSION!



Applying resistance bands is as easy as pulling the end of the band around the Bow Claw.

Make sure the Band Stops are securely inserted into one of the Claw slots



There are 2 bow claw slots on each end of the Bow

Do not insert more than 2 bands into each Bow Claw (up to 4 total on the Bow)

THE 8 WEEK GORILLA BOW WORKOUT PLAN

Now that you are familiar with the gorilla bow and some of the basic exercises, it's time to get started with the 8 Week Gorilla Bow Workout Plan which is meant to provide a more intense, full body workout experience.

The following workout program consists of 4- 2 week phases beginning with an introduction workout to get you familiar with the Gorilla Bow, ending with and Intense workout where your strength and stamina will be tested. This 8 week workout plan can be repeated using additional resistance and increased sets/reps as desired.

01 INTRODUCTION

Introduction workouts consist of fundamental exercises similar to the conventional exercises typically performed in a gym setting but without the need for bulky gym equipment.

Gorilla Bow users quickly realize that working out with the Gorilla Bow is a completely different animal. This phase is 3 workouts per week allowing for a day or two of rest between workouts.

02 STRENGTH PHASE

The strength phase consists of mainly the same exercises as phase one, but at this point, you should increase the workout resistance by either adding bands or using bands with greater tension (see chart). This phase is also 3 workouts per week allowing for a day or two of rest between workouts.

03 STABILITY PHASE

During the stability phase a slower motion is used, and a 3 second pause is added at the top and bottom of each exercise. For example, on the bench press exercise, slowly extend your arms and pause for 3 seconds when your arms are fully extended and pause again when your arms are fully bent. Perform the motion at approximately half of the speed of a typical exercise. 4 workouts per week during this phase.

04 CIRCUIT PHASE

The intensity phase implements circuit training which entails going from one exercise to the next without rest. Instead of counting reps, perform each exercise for thirty seconds before switching to the next exercise. After performing all four exercises, rest for two to three minutes before starting again. In total, you should perform the circuit four times. 4 workouts per week during this phase.



WORKOUT SCHEDULE

INTRO	STRENGTH	STABILITY	CIRCUIT
WEEK 1	WEEK 3	WEEK 5	WEEK 7
Workout 1	Workout 1	Workout 1	Workout 1
Workout 2	Workout 2	Workout 2	Workout 2
Workout 3	Workout 3	Workout 3	Workout 3
		Workout 4	Workout 4
WEEK 2	WEEK 4	WEEK 6	WEEK 8
Workout 1	Workout 1	Workout 1	Workout 1
Workout 2	Workout 2	Workout 2	Workout 2
Workout 3	Workout 3	Workout 3	Workout 3
		Workout 4	Workout 4



WEEK ONE

WORKOUT 01

LYING BENCH PRESS

3 SETS | 12 REPS EACH SET

CURLS

3 SETS | 12 REPS EACH SET

SOUATS

3 SETS | 10 REPS EACH SET

OVERHAND BENT OVER ROW

3 SETS | 10 REPS EACH SET

WORKOUT 02

UPRIGHT ROW

3 SETS | 10 REPS EACH SET

NARROW STANCE SQUATS

3 SETS | 10 REPS EACH SET

CURLS

3 SETS | 12 REPS EACH SET

CLOSE GRIP LYING BENCH PRESS

3 SETS | 12 REPS EACH SET

WORKOUT 03

FRONT SHOULDER RAISE

3 SETS | 10 REPS EACH SET

UNDERHAND BENT OVER ROW

3 SETS | 12 REPS EACH SET

STANDING CHEST PRESS

4 SETS | 12 REPS EACH SET

SUMO SQUATS

4 SETS | 10 REPS EACH SET





WEEK TWO

WORKOUT 01

ONE ARM ROW

3 SETS | 10 REPS EACH SET

LYING WIDE GRIP BENCH PRESS

3 SETS | 15 REPS EACH SET

SKULL CRUSH

3 SETS | 10 REPS EACH SET

OVERHEAD SHOULDER PRESS

3 SETS | 10 REPS EACH SET

WORKOUT 02

SEATED OVERHAND ROW

3 SETS | 12 REPS EACH SET

CURLS

3 SETS | 15 REPS EACH SET

SOUATS

3 SETS | 10 REPS EACH SET

ROMANIAN DEADLIFT

3 SETS | 10 REPS EACH SET



WORKOUT 03

OVERHAND CURLS

3 SETS | 10 REPS EACH SET

OVERHEAD SHOULDER PRESS

3 SETS | 10 REPS EACH SET

UPRIGHT ROW

3 SETS | 10 REPS EACH SET

LYING BENCH PRESS

4 SETS | 10 REPS EACH SET



WEEK THREE

WORKOUT 01

DEADLIFT

4 SETS | 12 REPS EACH SET

SOUAT

4 SETS | 12 REPS EACH SET

LYING BENCH PRESS

4 SETS | 12 REPS EACH SET

OVERHEAD SHOULDER PRESS

4 SETS | 10 REPS EACH SET

WORKOUT 02

OVERHAND BENT OVER ROW

4 SETS | 12 REPS EACH SET

ROMANIAN DEADLIFT

4 SETS | 12 REPS EACH SET

LYING BENCH PRESS

4 SETS | 10 REPS EACH SET

CURLS

4 SETS | 10 REPS EACH SET

WORKOUT 03

SEATED UNDERHAND ROW

4 SETS | 12 REPS EACH SET

UPRIGHT ROW

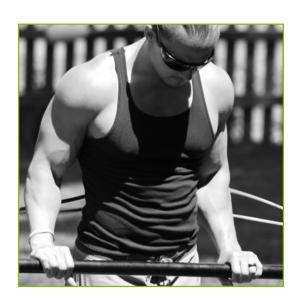
4 SETS | 10 REPS EACH SET

NARROW STANCE SQUAT

4 SETS | 12 REPS EACH SET

SUMO SQUAT

4 SETS | 12 REPS EACH SET





WEEK FOUR

WORKOUT 01

UNDERHAND BENT OVER ROW

4 SETS | 10 REPS EACH SET

DEADLIFT

5 SETS | 10 REPS EACH SET

LYING BENCH PRESS

3 SETS | 12 REPS EACH SET

BEHIND HEAD SHOULDER PRESS

3 SETS | 12 REPS EACH SET

WORKOUT 02

ONE ARM ROW

4 SETS | 10 REPS EACH SET

SQUAT

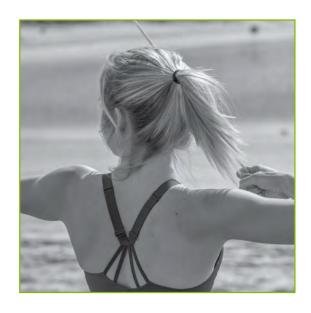
4 SETS | 10 REPS EACH SET

LYING WIDE GRIP BENCH PRESS

4 SETS | 15 REPS EACH SET

CURLS

4 SETS | 10 REPS EACH SET



WORKOUT 03

LYING CLOSE GRIP BENCH PRESS

4 SETS | 15 REPS EACH SET

NARROW STANCE SQUAT

5 SETS | 20 REPS EACH SET

SEATED OVERHAND ROW

4 SETS | 20 REPS EACH SET

DEADLIFT

4 SETS | 20 REPS EACH SET



WEEK FIVE

WORKOUT 01

OVER HEAD SHOULDER PRESS

4 SETS | 10 REPS EACH SET

LYING BENCH PRESS

4 SETS | 10 REPS EACH SET

STANDING BENCH PRESS

4 SETS | 10 REPS EACH SET

SOUAT

4 SETS | 15 REPS EACH SET

WORKOUT 03

SEATED UNDERHAND ROW

4 SETS | 15 REPS EACH SET

NARROW STANCE SQUATS

3 SETS | 10 REPS EACH SET

SUMO SQUAT

3 SETS | 10 REPS EACH SET

BEHIND THE HEAD SHOULDER PRESS

4 SETS | 10 REPS EACH SET

WORKOUT 02

CURLS

4 SETS | 10 REPS EACH SET

OVERHAND BENT OVER ROW

4 SETS | 10 REPS EACH SET

BOW PULL

4 SETS | 10 REPS EACH SET

UPRIGHT ROW

4 SETS | 15 REPS EACH SET

WORKOUT 04

LYING CLOSE GRIP BENCH PRESS

3 SETS | 15 REPS EACH SET

FRONT SHOULDER RAISE

3 SETS | 10 REPS EACH SET

LYING WIDE GRIP BENCH PRESS

5 SETS | 10 REPS EACH SET

SKULL CRUSH

3 SETS | 10 REPS EACH SET



WEEK SIX

WORKOUT 01

UPRIGHT ROW

3 SETS | 10 REPS EACH SET

ROMANIAN DEADLIFT

4 SETS | 10 REPS EACH SET

CURLS

3 SETS | 10 REPS EACH SET

SQUAT

5 SETS | 10 REPS EACH SET

WORKOUT 03

BENT OVER UNDERHAND ROW

3 SETS | 15 REPS EACH SET

SEATED OVERHAND ROW

3 SETS | 15 REPS EACH SET

BOW PULL

3 SETS | 15 REPS EACH SET

OVERHEAD SHOULDER PRESS

3 SETS | 15 REPS EACH SET

WORKOUT 02

OVERHEAD SHOULDER PRESS

4 SETS | 12 REPS EACH SET

LYING BENCH PRESS

4 SETS | 12 REPS EACH SET

SPIDERMAN PLANK

4 SETS | 12 REPS EACH SET

SHADOW BOXING

5 SETS | 10 REPS EACH SET

WORKOUT 04

ONE ARM ROW

3 SETS | 10 REPS EACH SET

SUMO SQUAT

4 SETS | 10 REPS EACH SET

BEHIND THE HEAD SHOULDER PRESS

3 SETS | 12 REPS EACH SET

SKULL CRUSH

3 SETS | 10 REPS EACH SET



WEEK SEVEN

WORKOUT 01

4 CIRCUITS, 30 SECONDS PER EXERCISE

DEADLIFT

SQUATS

LYING BENCH PRESS

SEATED UNDERHAND ROW

WORKOUT 02

4 CIRCUITS, 30 SECONDS PER EXERCISE

CURLS

HANG CLEAN AND PRESS

OVERHAND BENT OVER ROW

SOUATS

WORKOUT 03

4 CIRCUITS, 30 SECONDS PER EXERCISE

ONE ARM ROW

STANDING CHEST PRESS

OVERHEAD SHOULDER PRESS

ROMANIAN DEADLIFT

WORKOUT 04

4 CIRCUITS, 30 SECONDS PER EXERCISE

LYING CLOSE GRIP BENCH PRESS

LYING WIDE GRIP BENCH PRESS

CURLS

SUMO SQUATS



WEEK EIGHT

WORKOUT 01

4 CIRCUITS, 30 SECONDS PER EXERCISE

SKULL CRUSH

LYING BENCH PRESS

DEADLIFT

HANG AND CLEAN PRESS

WORKOUT 02

4 CIRCUITS, 30 SECONDS PER EXERCISE

FRONT SHOULDER RAISE

DEADLIFT

NARROW STANCE SQUAT

OVERHAND BENT ROW

WORKOUT 03

4 CIRCUITS, 30 SECONDS PER EXERCISE

BOW PULL

OVERHEAD SHOULDER PRESS

CURLS

LYING BENCH PRESS

WORKOUT 04

4 CIRCUITS, 30 SECONDS PER EXERCISE

SEATED UNDERHAND ROW

ROMANIAN DEADLIFT

SQUATS

SUMO SQUATS



NUTRITION PROGRAM

Dieting techniques have become very polarizing and controversial. Proponents of ketogenic, vegan, paleo, or other popular diets may have you thinking their way is best. However, when all variables are held equal there is little to no evidence showing one method is superior to another. While there is no "best" diet, there are still dieting principles that apply to almost everyone. We need adequate protein to build lean muscle. We need energy from healthy carbohydrates and fats. We need vitamins, minerals, and phytonutrients from quality whole foods. We need fiber for proper digestion and gut health.

The most important macronutrient for active individuals is protein. Without getting too deep into the science of human nutrition, carbohydrates and fats can essentially be considered interchangeable. Protein, on the other hand, is unique because it is the only macronutrient that can build and repair tissue. For this reason, you will find that each meal in this plan contains a high quality protein source.

Carbohydrates and fats are considered interchangeable because they both, on the surface, are energy sources. While they go through different processes to provide said energy, the end result is the same. In the end it comes down to personal preference. Some prefer a higher ratio of carbs to fats and vice versa. As a result, this meal plan is structured to provide a relatively even balance of both carbs and fats.

Water intake is often overlooked but is vital for health. Even the slightest bit of dehydration can massively affect performance. Water needs vary from person to person, but a good rule of thumb is to consume 0.5-1 oz. per pound of body weight. Consuming water during exercise or competition is highly recommended as well.



DIET

The sample diet listed below is simply a guideline. Obviously, different people have different nutritional needs based on their size, age, gender, and activity level. A 300lb strongman competitor needs far more calories than a 100lb mom of two that does yoga. Regardless, the diet below is a balanced meal plan full of nutrient-dense whole foods. It is a balanced diet with healthy fats, simple and complex carbs, high quality proteins, and fiber.

Diets are meant to be flexible. If you feel your recovery is lacking, increase your overall food volume and calories. If you are putting on unwanted body fat, assess what meals can be altered. Typically you want to cut calories in the form of carbohydrates and fat rather than protein. It is also important to be aware of your digestive health to note any potential food intolerances. If you feel a specific food is causing issue, swap it out for a similar alternative (i.e. swap out nuts, a fat source, for avocado, another fat source).

Breakfast

3 Whole Eggs2 Slices Multigrain or Sprouted Toast1 Grapefruit

. Black Coffee

Lunch

Salad with 1 Grilled Chicken Breast, Half a Cup of Mixed Berries, and a Quarter Cup of Raw Almonds

Dinner

6 oz. Steak or Salmon 1 Sweet Potato Broccoli

Optional

Gorilla Boost Pre-Workout Supplement

Whey Protein Shake Post Workout



EXERCISE GLOSSARY

LYING BENCH PRESS





Lie on the ground with your feet planted and Gorilla Bow bands across your back. Using an overhand grip, place both hands on the Gorilla Bow at shoulder width with your arms bent at a right angle. Extend your arms until they are completely straight and lower the bow in a controlled manner. Adjust the width as the exercise states (regular grip, wide grip,



You can also perform this bench exercise standing up.

CURLS





Stand on the bands and grab the Gorilla Bow using an underhand grip. Keep your elbows tucked near your body. Bend your elbow and curl the bow toward your chest and lower the bow in a controlled manner. Adjust your grip as the exercise states (regular grip or overhand grip).

SQUATS





Stand on the bands with your feet shoulder width apart. Press the bow over your head and lower it slowly so that the bow rests across your shoulders. Bend your knees and drive your hips back as if you are sitting in a chair then stand back up and return to the starting position. Adjust your stance as the exercise states (regular, narrow, or sumo/wide stance).

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EXERCISE GLOSSARY

BENT OVER ROW





Stand on the bands and bend over whilst maintaining an open chest and proper posture. Grab the bow with the grip indicated by the exercise (overhand or underhand). Bend your arms, bring the bow toward your abdominal area, and lower it to the starting position.or close grip).

UPRIGHT ROW





Stand on the bands and hold the bow at your waist using an overhand grip. Flare your elbows out, lift the bar toward your chin, and lower it in a controlled manner. Do not lift your elbows above your shoulders.

FRONT SHOULDER RAISE





Stand on the bands and hold the bow at your waist using an overhand grip. Keep your arms straight and raise them out in front of you until they are parallel to the ground. Return to the starting position in a controlled manner.

#GORILLAFITNESS

EXERCISE GLOSSARY

ONE ARM ROW





Stand on the bands longitudinally with one foot and hold the bow with a neutral grip in the same side hand. Bend over whilst maintaining an open chest and proper posture as you did with the bent over row. Keep the elbow tight to the body and bend at a 45 degree angle. Lower the bow in a controlled manner.

SEATED ROW





Sit down with your legs extended. The bands will wrap around the middle of your feet. Grab the bow with an overhand or underhand grip (whatever the exercise indicates) and pull the bow toward your abdomen. This works well with a Gorilla Bow Door Anchor or by wrapping the bandsaround a pole with the Gorilla Bow Padded Band Wrap.

SKULL CRUSH





Lie on the ground with your feet planted and the Gorilla Bow bands across your back. Using an overhand grip, place both hands on the Gorilla Bow at shoulder width with your arms fully extended. Bend your elbow and lower the bar carefully toward your forward and then extend.

EXERCISE GLOSSARY

SHOULDER OVERHEAD PRESS





Stand on the bands and bring the bow toward your upper chest with wrists up and elbows underneath. Extend your arms above your head and lower the bow back to the starting position.

ROMANIAN DEADLIFT





Stand on the bands with an overhand grip on the bow. You should be standing straight up with the bow at your waist. Drive your hips back, maintain good posture, and slide the bow down your leg to shin-level. Reverse the motion and return to the starting position.

DEAD LIFT





Stand on the bands with the bow on the ground. Bend your knees and grab the bar with an overhand grip. Extend your legs, maintain posture, and bring the bow to your waist. Bend your knees and return the bow to the starting position.

EXERCISE GLOSSARY

BOW PULL





Stand up and hold the bow as if it is a bow and arrow. Grab the band, pull toward your back, and return to the starting position. Make sure you repeat the exercise using your other arm.

HANG CLEAN AND PRESS





Stand on the bands with an overhand grip on the bow. Flip the bow up toward your upper chest so that your wrists and elbows are underneath. Press the bow above your head, lower it to your chest, and flip your wrists to return to the starting position.

BEHIND THE HEAD SHOULDER PRESS





Stand on the bands and bring the bow toward your upper chest with wrists up and elbows underneath. Extend your arms above your head and lower the bow behind your head toward your trapezius muscle. Reverse the motion to return to the starting position.