

WELCOME TO THE GORILLA BOW TEAM

GETTING TO KNOW YOUR BOW

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)

GET GOING WITH THESE 6 EXERCISES

CHEST



TRICEP



BACK



BICEPS



SHOULDERS



LEGS



For exercises, workouts, and your 8 week workout and getting started eBook visit:
www.gorillabow.com/welcome