



TRAINING MANUAL



WARNING



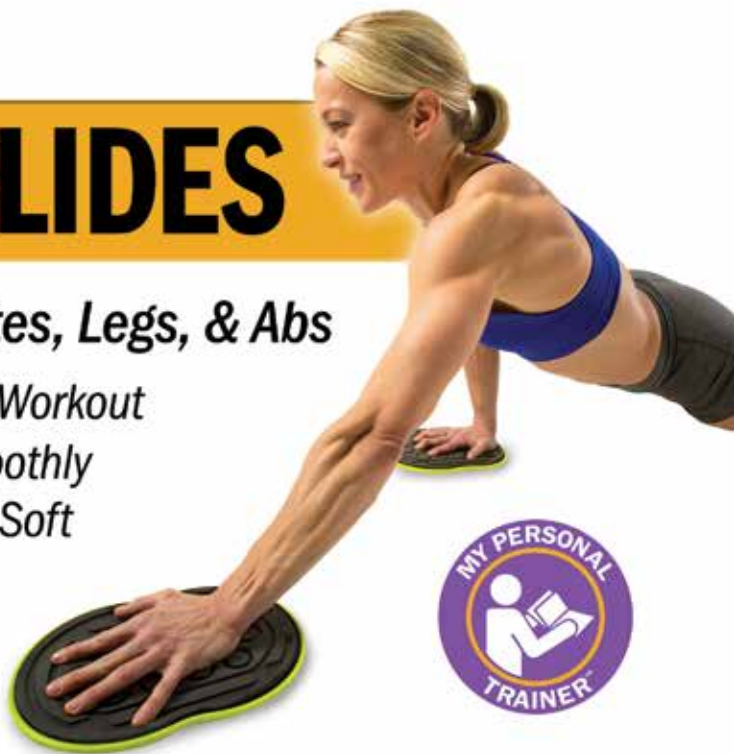
IMPORTANT: Read and follow all warnings and information before using this product, to reduce the risk of serious injury or fatality.



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.





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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.