



TRAINING MANUAL



**WARNING**



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



# STRETCH ROPE



- *Increase Flexibility*
- *Reduce Injury*
- *Decrease Pain*



# STRETCH ROPE EXERCISE



## 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).

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 WEBSITE FROM TIME TO TIME IN ORDER TO DETERMINE WHETHER THERE IS ANY NEWS REGARDING THE MATERIALS AT [WWW.GOFIT.COM](http://WWW.GOFIT.COM); HOWEVER GOFIT, LLC HAS NO OBLIGATION TO PROVIDE UPDATES AND NEWS.



# STRETCH ROPE EXERCISE

## Shoulder Stretch

**STEP ONE** - Take the Stretch Rope in your left hand and put that hand behind your neck, elbow pointing up. Grab the other end of the Stretch Rope with your right hand behind your lower back.

**STEP TWO** - Pull your top arm to stretch. Hold stretch for 2 seconds and relax. Pull your top hand down into stretch with your bottom arm and hold 2 seconds. Repeat 6-10 times.





# STRETCH ROPE EXERCISE

90/90

**STEP ONE** - Lie on your side, with your left leg extended and right leg at chest. Place the Stretch Rope under your right knee. Use your inner thigh muscle to push your right knee into the ground.



**STEP TWO** - Open your shoulders by rotating your torso to the right. Try to get your back and left arm flat on the ground. Hold stretch for 2 seconds and return to start position. Repeat 4-6 times.





# STRETCH ROPE EXERCISE

## Calf Stretch



**STEP ONE** - Lie supine on the floor with your foot placed in the foot strap.



**STEP TWO** - Activate your quads and hip flexors as you pull the Stretch Rope back.



**STEP THREE** - Pull your toes towards your shin. Exhale and hold for 2 seconds. Repeat 6-10 times.



# STRETCH ROPE EXERCISE

## IT (iliotibial) Band Stretch

**STEP ONE** - Lie supine on the floor with one foot in the foot strap.



**STEP TWO** - Hold the Stretch Rope with your opposite hand. Keep your non-working leg stationary. Use the inner thigh muscle of your target leg as you pull it across your body as far as possible. Hold stretch 2 seconds and relax. Repeat 6-10 times.





# STRETCH ROPE EXERCISE

## Straight Leg Hamstring Stretch

**STEP ONE** - Lie supine on the floor with one foot in the foot strap.



**STEP TWO** - Actively flex your quadriceps and hip flexors as you pull the Stretch Rope back. At the end of range-of-motion, hold for 2 seconds and release. Repeat 6-10 times.





# STRETCH ROPE EXERCISE

## Groin Stretch



**STEP ONE** - Lie supine on the floor with one foot in the foot strap.



**STEP TWO** - Hold the Stretch Rope with same side as your working leg. Keep your non-working leg stationary. Fire your glute and sweep your leg away from your body while inhaling. When resistance is felt, hold for 2 seconds and release. Repeat 6-10 times.





# STRETCH ROPE EXERCISE

## Glute Stretch

**STEP ONE** - Lie on your back and wrap the Stretch Rope around foot. Pull your active knee to your chest with the Stretch Rope.



**STEP TWO** - Exhale and hold stretch for 2 seconds then return to starting position. Repeat 6-10 times. Switch legs.





# STRETCH ROPE EXERCISE

## Quad & Hip Flexor Stretch

**STEP ONE** - Lie on your stomach with your non-working leg resting on the floor. The foot strap is wrapped around the foot of your working leg. Grab the Stretch Rope over your shoulder.



**STEP TWO** - Fire your glute and hamstring muscles. Pull your heel towards opposite glute. Hold stretch 2 seconds and relax. Repeat 6-10 times.

*You may also stand, or lie on your side, for this stretch.*





# STRETCH ROPE EXERCISE

## Standing Side Stretch



**STEP ONE** - Stand with your feet slightly wider than shoulder width apart. With a wide grip, hold stretch rope firmly over head.



**STEP TWO** - While keeping arms extended over head, slowly bend at your waist to your right side. Do not bounce or pull stretch. Hold stretch for 15 seconds and then slowly return to the upright position and then repeat on the opposite side.





# STRETCH ROPE EXERCISE

## Good Morning Stretch



**STEP ONE** - Stand with your feet slightly wider than shoulder width apart. With a wide grip, hold stretch rope firmly over head.



**STEP TWO** - While keeping arms extended over head, slowly bend forward at your waist. Keep legs slightly bent and squeeze shoulder blades together. Do not bounce or force the stretch. Hold stretch for 15 seconds then slowly return to the upright position and repeat.



# STRETCH ROPE EXERCISE

## Standing Shoulder & Upper Back

**STEP ONE** - Loop stretch rope around a secure pole or tree. Hold both handles in each hand and slowly lean away from pole with arms extended in front.

---

**STEP TWO** - While leaning back slowly roll shoulders forward letting the rope support your weight. You should feel a good stretch across your upper back and shoulders. Hold for 15 seconds and repeat.





# STRETCH ROPE EXERCISE



## WARNING



**IMPORTANT:** Read all warnings and directions before using this product in order to reduce the risk of injury.

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 all warnings and instructions 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.gofft.com](http://www.gofft.com) for product information.**

©2014 GOFIT, LLC, TULSA, OK, USA. All rights reserved. MADE IN CHINA.