



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



GOH₂O™

*No-Impact, Water Resistant
Workout Set*

- *Build Cardio Endurance*
- *Sculpt & Tone*
- *Active Recovery*



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**Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells for stability, or the GoH₂O Gloves to increase resistance.*

**Shallow Water Exercises are performed with water at shoulder level and your feet planted on the pool floor. Exercises may be performed with GoH₂O Barbells or Gloves.*



WARNING



Read and follow all information before use.
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Use of this product can present a risk of drowning. 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. All artwork is property of GoFit.

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GOH₂O USAGE AND CARE



WARNING



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GOFIT GOH₂O

- **GoH₂O Belt, Barbells, and Gloves are NOT certified or intended to be used as life saving or personal flotation devices.**
- **ALWAYS** inspect stitching on belt prior to use. **DISCONTINUE USE IMMEDIATELY** if stitching becomes nicked or torn.
- The GoH₂O Belt, Barbells, and Gloves 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.
- The GoH₂O Belt, Barbells, and Gloves could pose a hazard to children and pets, therefore must **NEVER** be left unattended.
- The GoH₂O Belt, Barbells, and Gloves are designed for use in a pool environment.
- **ALWAYS** consult your physician if intending to use this product during pregnancy.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- GoFit, LLC is not responsible for any personal, or personal property damage, that may occur while using the GoH₂O.
- Be sure to wear appropriate aquatic exercise apparel.
- The GoH₂O should only be used for its intended purpose as outlined in this training manual.

IF YOU CANNOT SWIM:

- *If you can not swim, this product is NOT recommended for you.*
- **DO NOT PERFORM** any suggested exercises where your feet are not able to touch the bottom of the pool or water source.
- For standing exercises: **DO NOT** perform on slippery or uneven surfaces where you may lose footing.
- Make sure a lifeguard or qualified swimmer is present to assist you in case of an emergency.
- Stay aware of your surroundings for obstacles or persons that may interfere with your workout or cause you to lose balance.

MAINTENANCE AND CARE

- To optimize the life of the product—hand wash the GoH₂O Belt, Barbells, and Gloves with mild soap and warm water after each use. Air dry.
 - **DO NOT** use abrasive or chemical cleaners.
 - **DO NOT** put Belt, Barbells, or Gloves in dryer.
- Keep the GoH₂O Belt, Barbells, and Gloves out of direct sunlight. The GoH₂O should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.

GOH₂O INTRODUCTION

Thank you for your GoFit purchase. We strive to be your one source for superior, innovative, home-fitness products at a great value. For other GoFit products, visit your local retailer, or go to www.gofit.net and see our entire product line and more.

Time to dive into your aquatic fitness journey with the GoFit GoH₂O Workout Set!

Decreasing the effects of gravity and combining the natural resistance of water with cardio and strength exercises ensures a full-body workout that is gentle on your heart and joints. Here are some of the benefits of water exercises:

- **Alleviates pressure on your joints.**
- **Increases flexibility and range of motion.**
- **Excellent for active recovery and rehabilitation.**
- **Increases circulation and reduces blood pressure.**
- **Promotes stress relief.**

GOH₂O BELT assists with maintaining a vertical position / proper form, buoyancy, and stability as you perform water exercises.

GOH₂O BARBELLS provide resistance below the water's surface, and balance and stability on the water's surface during water exercises.

GOH₂O GLOVES increase intensity and resistance of water exercises.

GoH₂O Belt, Barbells, and gloves are NOT to be used as life saving or personal flotation devices.



GOH2O BELT GUIDE & ADJUSTMENT

Correct Belt Set Up:

Back



Inside



The belt has two holes towards the buckle area so you may adjust the belt to your comfort.



Pull the black belt through one of the two holes on both sides based on your preference.

GoH2O Belt is NOT a life saving device.

Belt Placement:

The large area of the belt, with the GoH2O logo side up, should be worn on your back with the belt and buckle at your navel.



Adjusting Belt:

1. Pull black belt through buckle until the belt is tight enough, and comfortable enough to you, that the belt won't ride up during exercises.



2. Pull the tail of the black belt tight through sliding buckle to secure the belt adjustment.

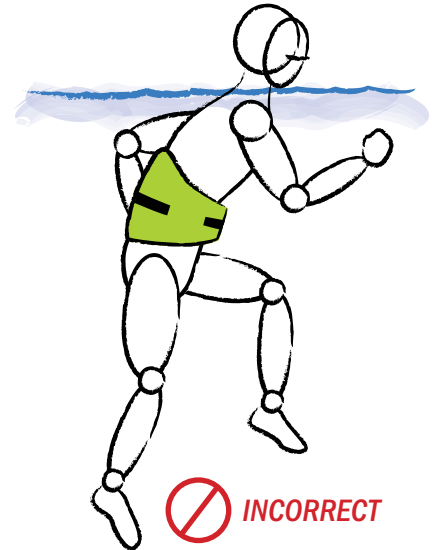
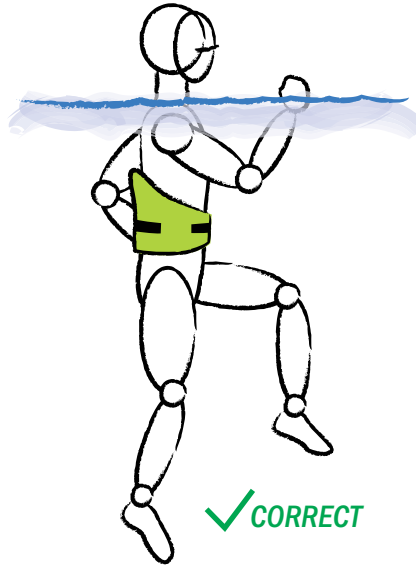


GOH₂O PROPER FORM

Proper form is correct posture and body alignment that helps ensure exercises are performed safely and effectively while receiving the full benefits of the exercise. When performing aquatic exercises, you want to make sure that you are maintaining a vertical position in the water and not leaning forward.

When getting started, follow the tips below and practice maintaining proper form before moving on to the exercises.

- Lean back slightly when first adjusting to the water and belt.
- Keep your head up and chest lifted.
- Align your shoulders with your hips.
- Keep your core muscles tight.
- Maintain an even counterbalance between your arms and legs.



GOH₂O WORKOUT GUIDELINES

As you advance, always improve your technique and form before increasing sets, repetitions and duration, or pushing your physical limitations. When first attempting any exercise, use caution while determining your physical limitations. Always start at a level that allows you to complete the recommended sets and duration.

TIPS:

- Listen to your body.
- Never sacrifice proper form.
- Discontinue if you feel undue pain.
Building strength takes time.
- Have a towel and drinking water ready.
- Breathe. Your muscles need oxygen.
Inhale when the muscle lengthens,
exhale when the muscle shortens—
think “exhale on the exertion.”
- Stretch upon completion.

Recommended Workout Guidelines

*Perform **each** exercise for recommended frequency, sets and duration (Time) depending on your Fitness Level. Rest 30 seconds to 1 minute throughout your workout as needed.*

FITNESS LEVEL	FREQUENCY	SETS	TIME
BEGINNER	1-2 x weekly	1	15-20 sec
INTERMEDIATE	2-3 x weekly	2	20-25 sec
ADVANCED	3 x weekly	3	20-30 sec

**Please check with your physician before engaging in any exercise program to determine if it is appropriate for you.*



GOH₂O DEEP WATER EXERCISES

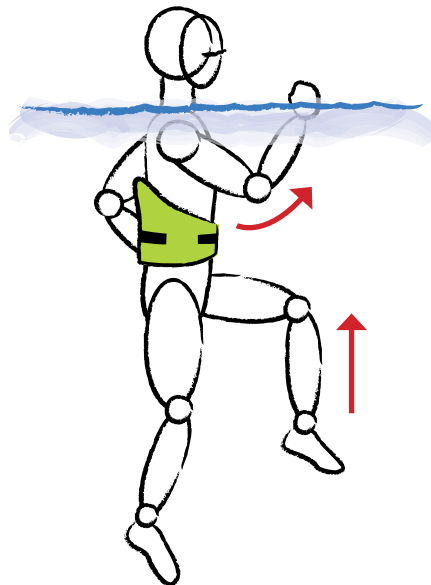
High Knee Jog

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.

MOVEMENT - Maintaining proper form, raise one knee to a 90-degree angle and extend your opposite leg straight down so it is in line with your hip. Then alternate your legs in a smooth, controlled manner. Just like when walking or running, move your arms as you begin to jog forward, backward or in a circle.

Left knee up; right arm forward.

Right knee up; left arm forward.





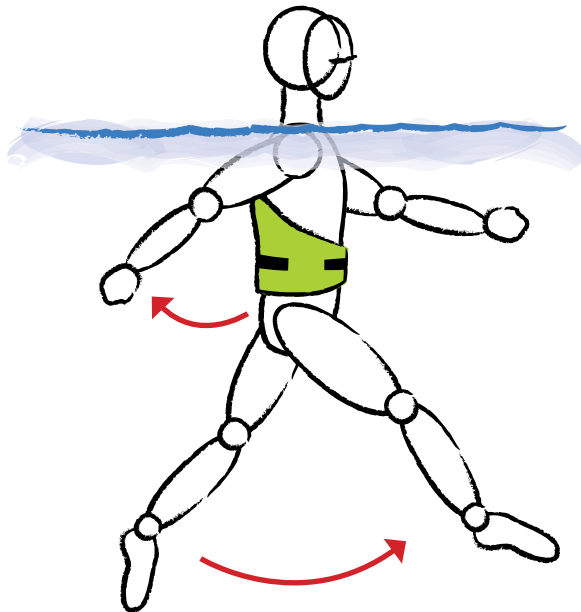
GOH₂O DEEP WATER EXERCISES

Cross-Country Ski

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.

MOVEMENT - Maintain proper form while keeping your arms and legs straight. From your hips alternate your legs back and forth while moving your arms in the opposite direction in a smooth, controlled manner. Similar to a cross-country skier. Ski forward, backward or in a circle.

***Right leg forward; right arm back.
Left leg forward; left arm back.***





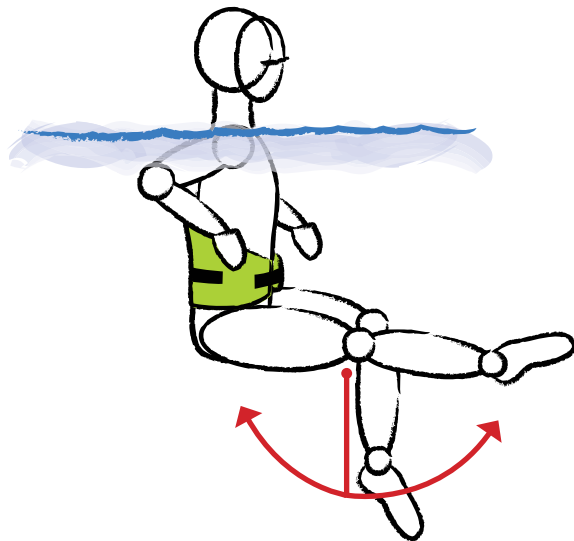
GOH₂O DEEP WATER EXERCISES

Chair Kicks

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.

MOVEMENT - Keeping your shoulders and hips in alignment, bend both legs up to a 90-degree angle as if sitting in a chair. From your knee, kick one leg forward, swing it back towards your bottom, then back to starting position. Alternate your legs in a smooth, controlled manner.

Make sure your thighs and knees stay together during movement while keeping them in line with your hips.





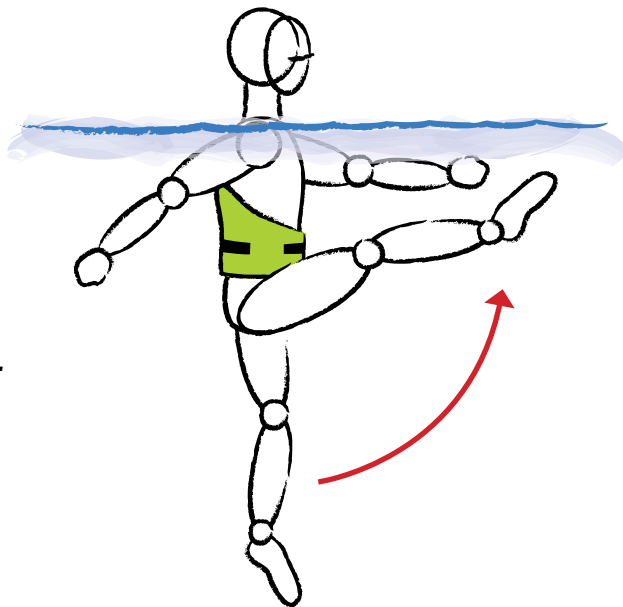
GOH₂O DEEP WATER EXERCISES

Leg Lifts (Toe Touch Optional)

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.

MOVEMENT - Maintain proper form and keep your arms and legs straight throughout movement. From your hips kick one leg up as high as you are able and reach with your opposite arm to try and touch your toes. Alternate legs and arms in a smooth, controlled manner.

***Right leg kicks forward; left arm reaches for Toe Touch.
Left leg kicks forward; Right arm reaches for Toe Touch.***

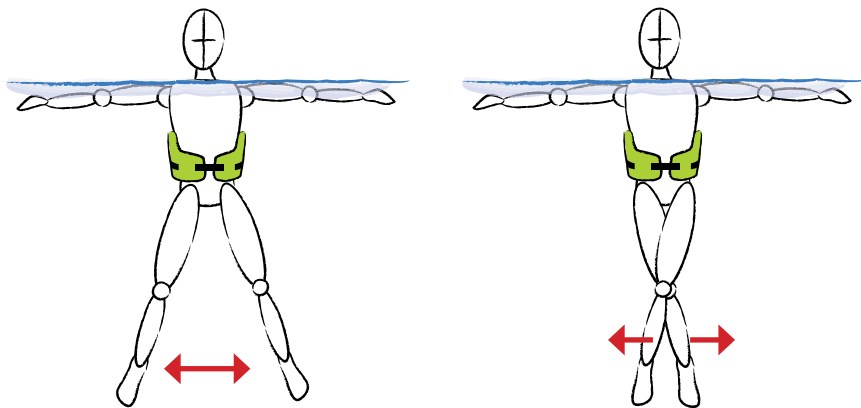




GOH₂O DEEP WATER EXERCISES

Criss-Cross

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.



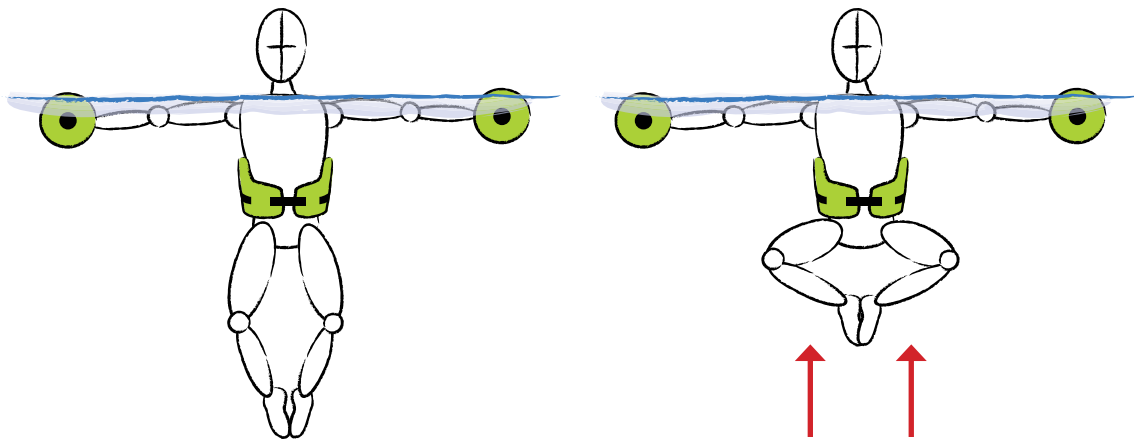
MOVEMENT - Maintaining proper form, extend your arms straight out to your sides, keep your legs straight and open them out (past hip-width) as far as it is comfortable for you. Draw both legs towards each other and cross one leg in front of the other. Alternate front and back each time your legs cross.



GOH₂O DEEP WATER EXERCISES

Diamonds

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.



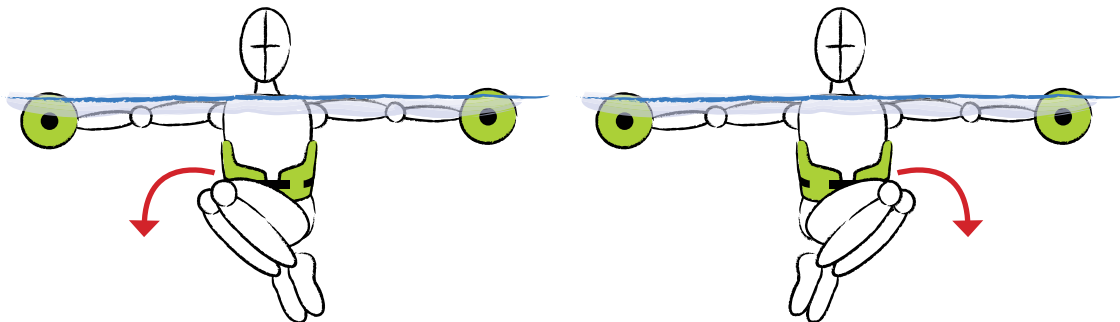
MOVEMENT - Maintaining proper form, extend your arms straight out to your sides, press the bottoms of your feet together, and turn your knees out from your hips. Keeping your feet together, draw your heels up towards your bottom as far as it is comfortable for you, then press your feet back to starting position.



GOH₂O DEEP WATER EXERCISES

Bent Knee Twists

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.



MOVEMENT - Maintaining proper form, extend your arms straight out to your sides, legs together, bend your knees and draw them up towards your midsection. With control, twist your knees from side-to-side as far as it is comfortable for you. Remember to keep your upper body steady and maintain a tight core while your lower body is in motion.

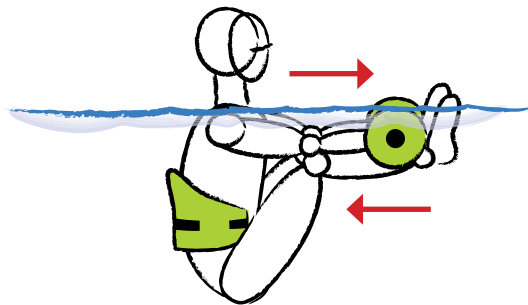
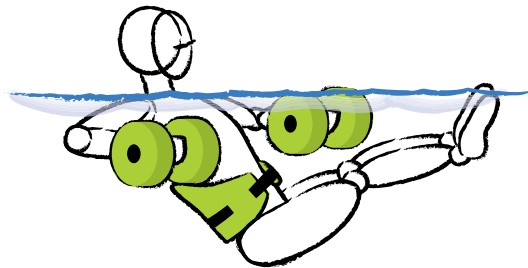


GOH₂O DEEP WATER EXERCISES

Crunches

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.

MOVEMENT - Maintaining proper form, slightly recline into a half-seated position with straight legs and your toes just above the surface. Raise your arms out to your side, then bend your elbows to a 90-degree angle with your palms down. In one controlled movement, crunch forward and push your arms out straight as you bring your knees towards your chest. Try to avoid straining forward, or putting stress on your neck. Extend back out and repeat.

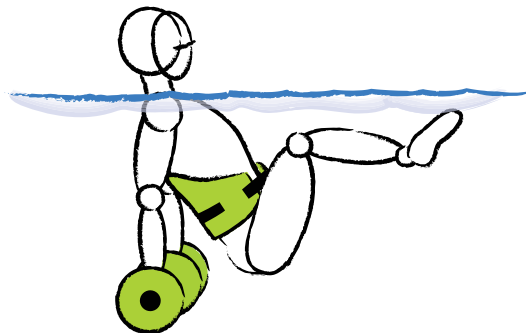
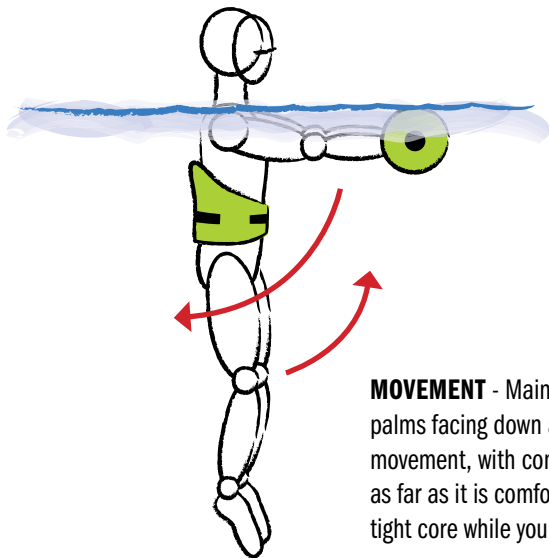




GOH₂O DEEP WATER EXERCISES

Body Curls

Deep Water Exercises require the GoH₂O Belt. You may use the GoH₂O Barbells or Gloves for stability, or to increase resistance.



MOVEMENT - Maintaining proper form, extend your arms straight out in front with your palms facing down and your legs straight down so they are in line with your hips. In one movement, with control, press your arms back and bring your knees towards your midsection as far as it is comfortable for you. Remember to keep your upper body steady and maintain a tight core while your lower body is in motion. Extend back out and repeat.

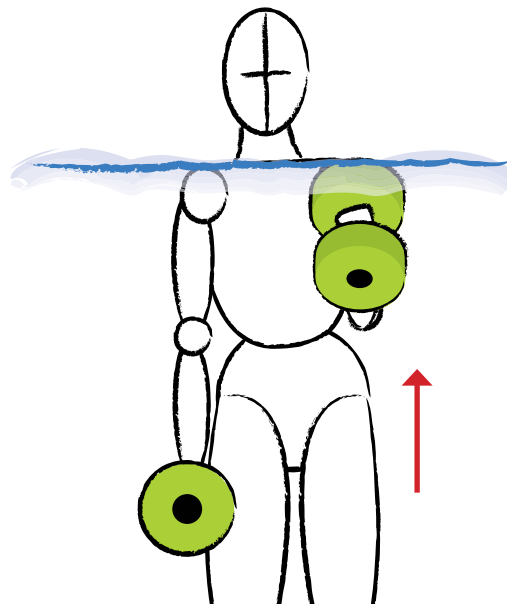


GOH₂O SHALLOW WATER EXERCISES

Hammer Curls

Shallow Water Exercises are performed with water at shoulder level and your feet planted on the pool floor. Exercises may be performed with GoH₂O Barbells or Gloves to increase resistance.

MOVEMENT - Plant your feet on the pool floor with water at shoulder level. Stand with your feet hip-width apart and keep your shoulders in line with your hips. Your palms will be facing inward as you bring your arms up to a 45-degree angle and return to starting position. Try to keep your elbows close to your body as you make the movements. You may alternate arms or bring your arms up together.



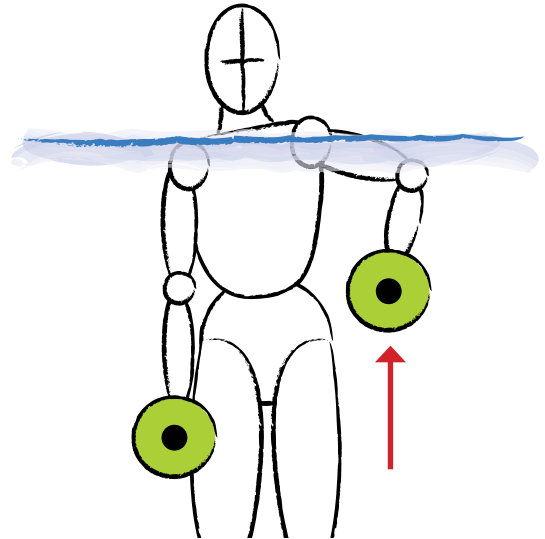


GOH₂O SHALLOW WATER EXERCISES

Suitcase Press

Shallow Water Exercises are performed with water at shoulder level and your feet planted on the pool floor. Exercises may be performed with GoH₂O Barbells or Gloves to increase resistance.

MOVEMENT - Plant your feet on the pool floor with water at shoulder level. Stand with your feet hip-width apart and keep your shoulders in line with your hips. Your palms will be facing inward as you bend your elbow up to a 90-degree angle in line with your shoulders and press back to starting position. It is almost as if you are picking up and putting down a suitcase. You may alternate arms or bring your arms up together.



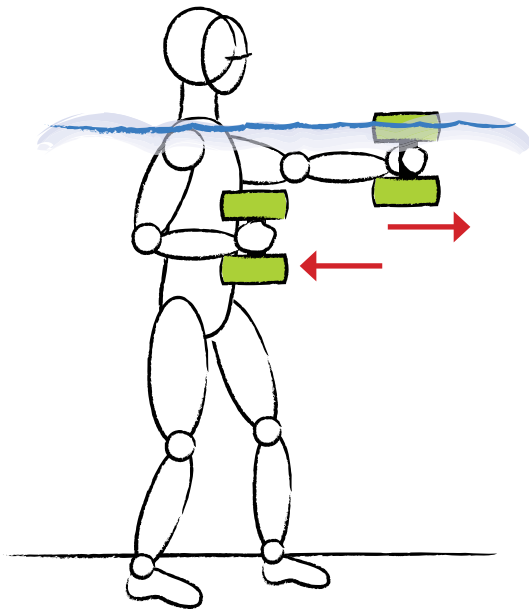


GOH₂O SHALLOW WATER EXERCISES

Punch Out

Shallow Water Exercises are performed with water at shoulder level and your feet planted on the pool floor. Exercises may be performed with GoH₂O Barbells or Gloves to increase resistance.

MOVEMENT - Plant your feet on the pool floor with water at shoulder level. Stand with your feet hip-width apart and one foot out in front of the other. Your palms will be facing inward as you extend one arm straight out and retract your other arm in a smooth, controlled motion.



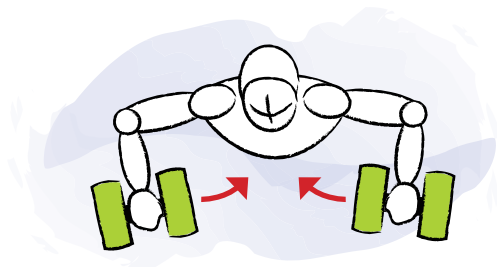
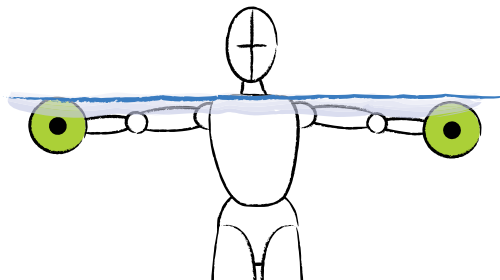


GOH₂O SHALLOW WATER EXERCISES

Arm Sweeps

Shallow Water Exercises are performed with water at shoulder level and your feet planted on the pool floor. Exercises may be performed with GoH₂O Barbells or Gloves to increase resistance.

MOVEMENT - Plant your feet on the pool floor with water at shoulder level. Stand with your feet hip-width apart. Extend your arms straight out to your sides in line with your shoulders and your palms facing down. Bending from your elbows, sweep your hands towards your chest and extend your arms back out straight in a smooth motion.



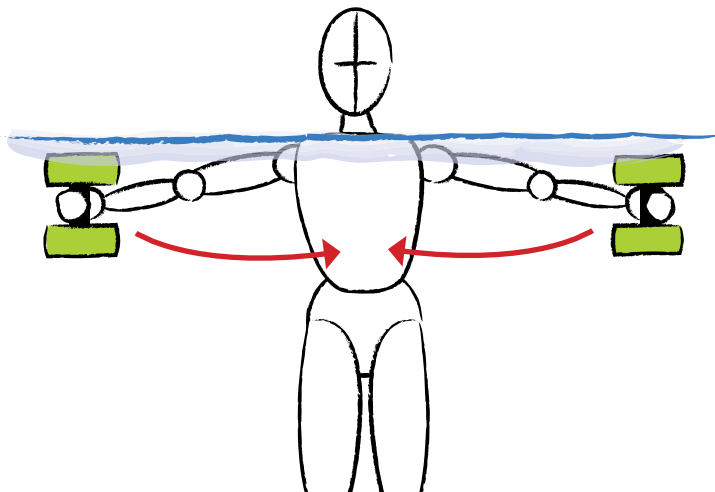


GOH₂O SHALLOW WATER EXERCISES

Flys

Shallow Water Exercises are performed with water at shoulder level and your feet planted on the pool floor. Exercises may be performed with GoH₂O Barbells or Gloves to increase resistance.

MOVEMENT - Plant your feet on the pool floor with water at shoulder level. Stand with your feet hip-width apart. Extend your arms straight out to your sides in line with your shoulders and palms facing forward. With straight arms, sweep your arms out in front of you, bring your hands (or barbells) together and then return to starting position in a smooth motion.



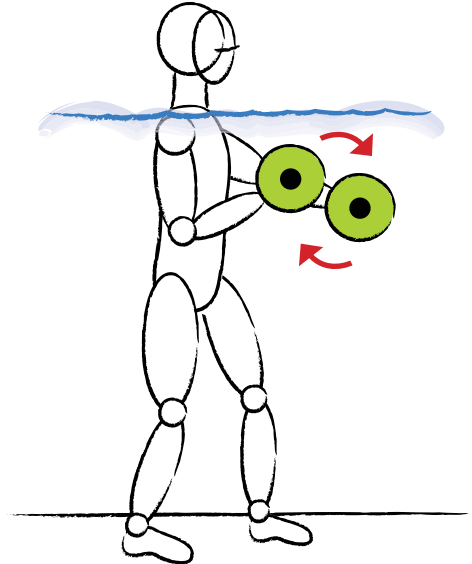


GOH₂O SHALLOW WATER EXERCISES

Arm Pedals

Shallow Water Exercises are performed with water at shoulder level and your feet planted on the pool floor. Exercises may be performed with GoH₂O Barbells or Gloves to increase resistance.

MOVEMENT - Plant your feet on the pool floor with water at shoulder level. Stand with your feet hip-width apart and one foot out in front of the other. Bring your arms out in front of your chest with your palms facing downward. Move your arms in a forward circular motion similar to pedaling a bicycle. You may also reverse this motion.





WARNING



IMPORTANT: Read and follow all warnings and information before using this product 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 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.

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