

# **POWER LOOPS 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").

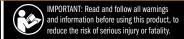
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# **POWER LOOPS WARNING**

#### **POWER LOOPS**

- The Power Loops 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.
- ALWAYS inspect the Power Loops for nicks or cuts before every use. If you find any nicks or cuts discontinue use immediately.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- The Power Loops could pose a strangulation hazard to children and pets, therefore must NEVER be left unattended.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Power Loops.
- Be sure to wear appropriate exercise clothing and footwear such as sneakers or exercise shoes.
- The Power Loops are not recommended for use during pregnancy.

#### MAINTENANCE AND CARE

- Clean the Power Loops with mild soap and warm water. DO NOT use abrasive or chemical cleaners.
- Keep the Power Loops out of direct sunlight. The Power Loops should not be placed anywhere where they would be exposed
  to extreme high or low temperatures or heat sources.



#### **Exercise Program**

#### Terms:

**Progression** – Increasing Program Intensity

- 1 **Duration** (i.e., 20 seconds to 30 seconds) Muscular Endurance development
- 2 **Sets** (i.e., increase the number of sets performed) Muscular Strength development
- 3 **Resistance** (i.e., changing band strength to increase resistance) Muscular Power development

Customize your own program by adding the exercises of your choice, or start with the progressive Power Loop exercise programs included.

**BEGINNER • INTERMEDIATE • ADVANCED** 



Start with the Light Band (RED) and increase resistance as your ability progresses (BLUE, GREEN).

BEG	INN	ER
2-3 x	wee	kly

For All	
Exercises	

SET	REPS	REST
1	15	30 sec
		b/w each set

INTERMEDIATE 3 x weekly

For All
<b>Exercises</b>

SET	REPS	REST
2	12	<b>30 sec</b> b/w each set

**ADVANCED** 3-4 x weekly

For	'All
Exer	cises

SET	REPS	REST
3	12	30 sec
		b/w each set





#### **Balance Circuit 1**

#### STEP ONE -

Place both feet in the loop as shown.

**STEP TWO** - While keeping your foot parallel to the floor raise the band until your leg is at a 90 degree angle. Repeat.







#### **Balance Circuit 2**



**STEP ONE** - Place both feet in the loop as shown.



**STEP TWO** - While keeping your foot parallel to the floor, raise your leg to a 90 degree angle.



**STEP THREE** - Keeping your foot parallel, turn your leg out and to the side. Return to start and repeat.



#### **Balance Circuit 3**

#### STEP ONE -

Place the Power Loop around both ankles.

**STEP TWO** - Balancing on one foot, push your other leg in a backward motion and hold for 1-2 seconds. Release and repeat.



# Go Fit

# **POWER LOOPS EXERCISE**

### **Bent Knee Forward Walk-Ankles**

**STEP ONE** - Place Power Loop around both ankles. Keep your knees bent, walk forward. Place your forward foot completely on the ground before lifting your other leg.

# **STEP TWO** - Repeat forward walk for 10-12 steps.







#### **Bent Knee Backward Walk-Ankles**

STEP ONE - Place Power Loop around both ankles. Keep your knees bent, walk backwards. Place your back foot completely on the ground before lifting your other leg.

#### STEP TWO -Repeat backward walk for 10-12 steps.







### **Bent Knee Forward Walk-Knees**

**STEP ONE** - Place Power Loop just above your knees. Keep your knees bent, walk forward. Place your forward foot completely on the ground before lifting your other leg.

### STEP TWO -

Repeat forward walk for 10-12 steps.







### **Bent Knee Lateral Walk-Knees**



**STEP ONE** - Place Power Loop above your knees. Move to the right, pushing with your left foot while stepping laterally with your right leg.



**STEP TWO** - Bring your left foot back to starting position and continue.



STEP THREE - Repeat moving to the left.



### **Glute Bridge**

**STEP ONE** - Place Power Loop just above your knees. Lie facing up with your knees bent and your heels on the ground.



**STEP TWO** - Lift your hips off the ground until your knees, hips and shoulders are in a straight line





### **Glute Bridge Marching**



**STEP ONE** - Place Power Loop just above your knees. Lie face up with your knees bent and your heels on the ground.



**STEP TWO** - Lift your hips off the ground until your body is in a straight line. Lift one leg to marching position.



STEP THREE - Switch legs and repeat.

### **Side Lying Hip External Rotation**

STEP ONE - Lie on your side as shown with the Power Loop around your knees.



STEP TWO - With your upper leg, push the loop out while keeping your feet together. Repeat and then switch to the opposite side.



### **POWER LOOPS**







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

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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