



TRAINING MANUAL



WARNING



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

PRO *Wider. Longer. Stronger.* POWER LOOPS

*Build Stronger, Leaner
Legs, Hips, and Glutes!*





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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”).

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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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.



POWER LOOPS EXERCISE

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**



POWER LOOPS EXERCISE

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

BEGINNER
2-3 x weekly

For All
Exercises

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

INTERMEDIATE
3 x weekly

For All
Exercises

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

ADVANCED
3-4 x weekly

For All
Exercises

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



POWER LOOPS EXERCISE

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.





POWER LOOPS EXERCISE

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.



POWER LOOPS EXERCISE

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.





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.





POWER LOOPS EXERCISE

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.





POWER LOOPS EXERCISE

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.





POWER LOOPS EXERCISE

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.



POWER LOOPS EXERCISE

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





POWER LOOPS EXERCISE

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.



POWER LOOPS EXERCISE

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



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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.

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