

 **WARNING**



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

PRO GYM EXTREME



EXERCISE TRAINING MANUAL





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DOOR ANCHOR

- **ALWAYS** place the Door Anchor through the *hinge* side of the door
- **ALWAYS** lock the door when using the Door Anchor
- **NEVER** place the Door Anchor over or under the door

TUBING

- **NEVER** stretch Tubing more the *twice* its resting length
- **NEVER** align stretched Tube with face or other sensitive parts of the body
- **ALWAYS** inspect Tubing before every use
- **DISCONTINUE USE** if Tubing becomes nicked or torn
- **ONLY** use this product in the manner shown or intended



WARNING

The risk of injury from participating in this or an 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 (ie. 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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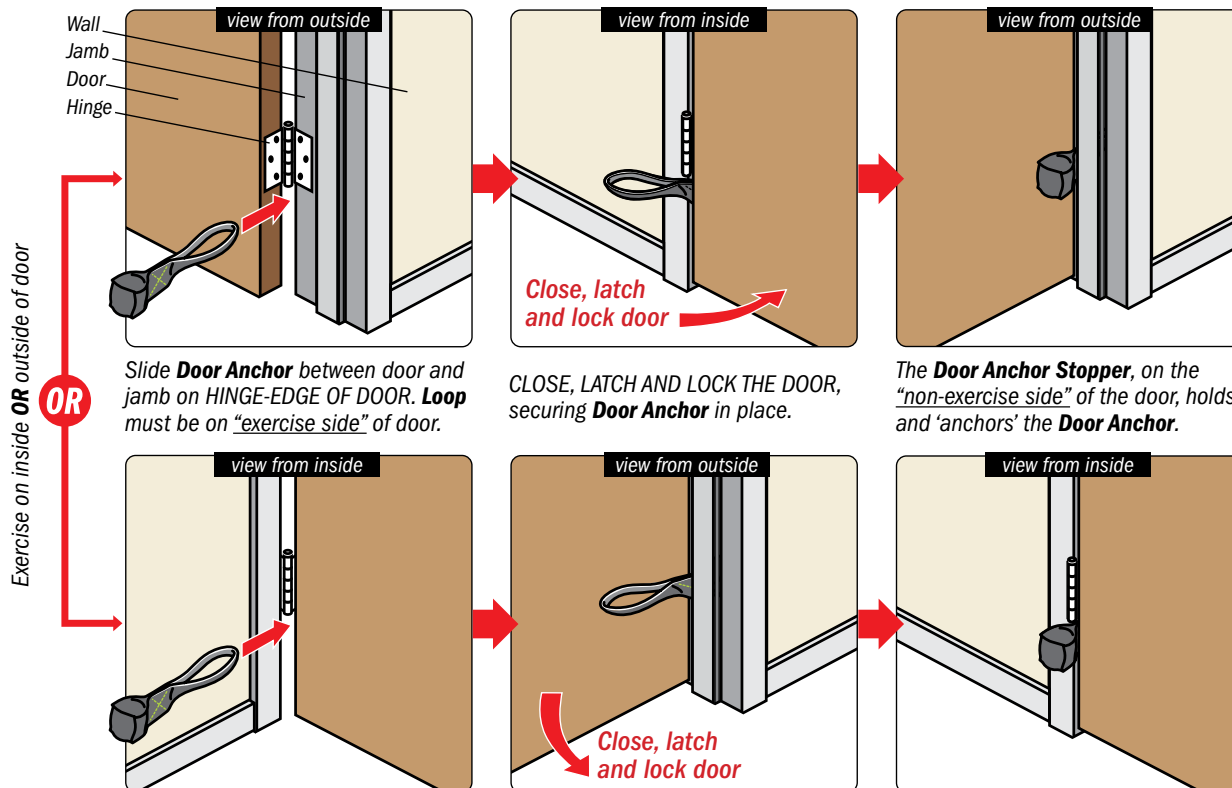
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WARNING

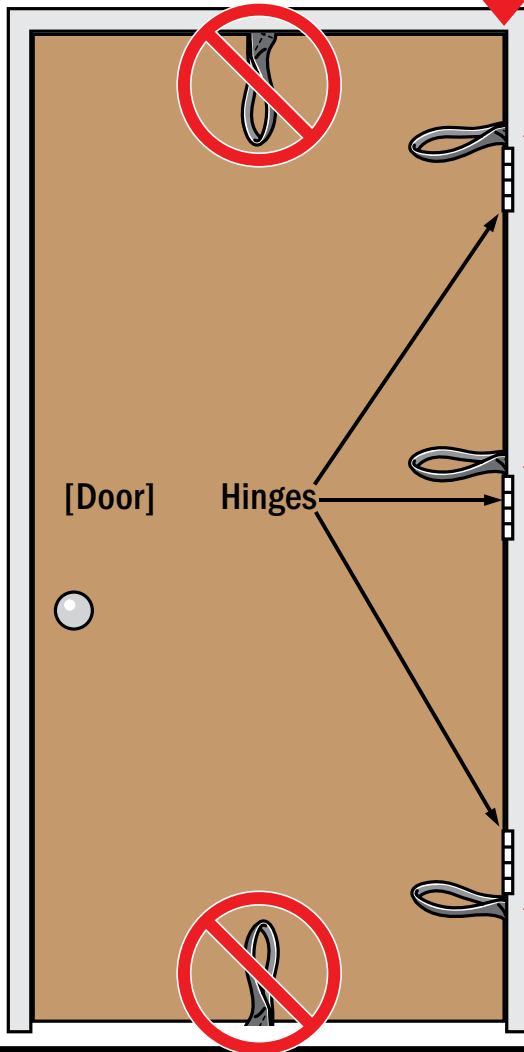
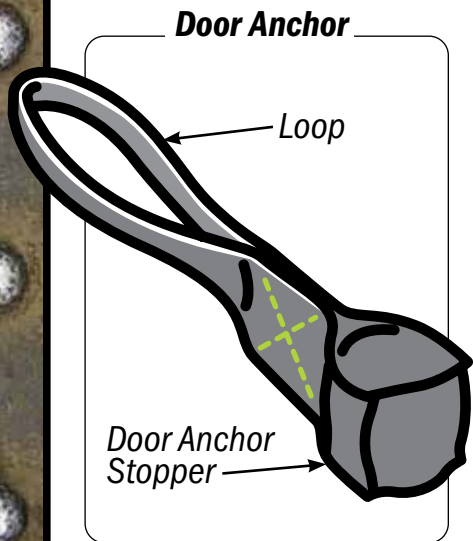
DOOR ANCHOR INSTALLATION

(Refer to DOOR ANCHOR PLACEMENT Figure 1 for proper position options)



DOOR ANCHOR PLACEMENT

- **ALWAYS** position Door Anchor through the **HINGE EDGE** of the door
- **NEVER** position Door Anchor at the top or bottom of the door



DOOR ANCHOR POSITION OPTIONS:
[Specific exercises require different Anchor positions]

Upper Door Anchor Position
[for specific exercises]

OR

Middle Door Anchor Position
[for specific exercises]

OR

Lower Door Anchor Position
[for specific exercises]

Figure 1

SQUATS



Standing with the instep of both feet on the tubing, bring the handles up over the back of your shoulders. Keeping your chin forward and your back straight, slowly flex at your knees, lowering your bottom towards the floor. Do not go beyond 90 degrees.

LUNGE



Place the tubing under the instep of your front foot while bringing the handles up to shoulder level. Place your back foot to the rear, approximately 3' from your front foot. Try to keep your feet pointing forward. Slowly bend at your knees, ensuring that both knees flex to 90 degrees. Do not let your back knee touch the ground.

BICEP CURLS

Standing with the instep of both feet on the tubing, grasp the handles with your palms facing forward. Maintaining a straight back and keeping your elbows at your sides, curl the handles toward your shoulders. This exercise can be done simultaneously or alternating.



ALTERNATING SHOULDER PRESS



With a slightly staggered foot stance, stand with the instep of your front foot on the tubing and bring the handles up to shoulder level. With your palms facing forward, slowly extend your right arm over your shoulder, bringing your hand directly overhead. Return to the starting position and perform the movement on the opposite side.



UPRIGHT ROWS

Standing far enough away from the Pro Gym Extreme so that there is slight tension in the tubes, grasp the handles with your palms facing towards the back. Your hands should be approximately at hip level. Slightly flex your knees while keeping your back and upper body straight. Bring your hands in a straight line towards your chin, ensuring that your elbows go out away from your body.

SQUAT WITH SIDE STEP



Standing with the instep of both feet on the Pro Gym Extreme tubing, bring the handles up, over the back of your shoulders. Keeping your chin forward and your back straight, with your right foot, step to the right (approximately 12"). Slowly flex at your knees, lowering your bottom towards the floor. Bring your feet back to the starting position and repeat the movement going to the left side.



SEATED LAT PULL DOWN



While seated on the floor, facing the Pro Gym Extreme, grasp the handles with your hands facing downward; reaching up and to the front of your position. Slightly leaning forward at your hips, pull the handles towards your shoulders, insuring that your elbows come toward your sides.

SQUAT ROW



Facing the Pro Gym Extreme, grasp the handles, insuring that there is tension in the tubes. Slowly lower your rear towards the ground, insuring that you do not go beyond a 90-degree angle in your knees. Return to the starting position. From this position bring the handles toward your chest, finishing the movement with your forearms parallel to the ground.

PADDLER'S ROW



Facing the Pro Gym Extreme, grasp the handles, ensuring that there is equal tension on the tubes. Slightly bend your knees and flex at your hips. With your palms facing toward the floor and your arms straight, bring your hands towards the back of your body in a paddling motion. Keep your chest up and your head forward as your hands come past your hips.

REVERSE LUNGE



Facing the Pro Gym Extreme, grasp the handles, insuring that there is slight tension in the tubes. Place your back foot to the rear approximately 3' from your front foot. Try and keep your feet pointing forward. Slowly bend at your knees, insuring that both knees flex to 90 degrees. Do not let your back knee touch the ground.

CHEST PRESS



Facing away from the Pro Gym Extreme, position yourself far enough away so that you have slight tension on the tubes. Begin the exercise with elbows bent, palms facing down and the handles at chest level. Squeeze your chest and extend your arms at chest level to the front. Bring your hands close together (6" - 12" apart) at the end of the movement.

POST DELTS HIGH LOW



(START HIGH - FINISH LOW): Facing the Pro Gym Extreme, grasp the handles, insuring that there is slight tension in the tubes. Position yourself far enough away so that your arms are straight and slightly higher than shoulder height. With your palms facing upward, bring the handles down and towards your hips, insuring your arms stay straight.

OVERHEAD TRICEPS EXTENSIONS



Facing away from the Pro Gym Extreme, bend at your elbows, grasping the handles with palms facing forward. Handles should be positioned near your ears. While maintaining an upright stance, extend your hands forward, keeping your elbows locked-in near your ears. At the end of the movement your palms should be facing the floor.

KNEELING AB CRUNCH



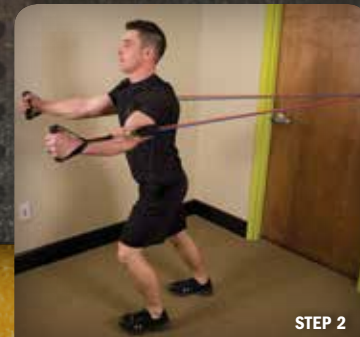
While kneeling on both knees, face the Pro Gym Extreme and grasp the handles. Bring the handles to your shoulders. There should be slight tension on the tubes. Flexing at your hips, slowly crunch your upper body forward towards the floor, ensuring that the handles stay at shoulder level. To increase the difficulty, position yourself further away from the door.

STANDING ROWS

While facing the Pro Gym Extreme, stand with feet shoulder-width apart. Using either a neutral (handshake position) or palms-down grip, grasp the handles. Ensuring that there is equal tension on the tubes, slowly bring the handle of one arm back towards your chest while your other arm stays slightly extended. Bring that arm back to the starting position and repeat the movement on the other side.



CHEST FLYS



Facing away from the Pro Gym Extreme, position yourself far enough away so that you have slight tension on the tubes. With your palms in a neutral position (facing each other) grasp the handles. Slightly leaning forward, bending from your hips, bring the handles towards the midline of your body in an upward angle (45 degrees) so that the hands finish at chest level with your palms up. Slowly return to the starting position and repeat. This exercise can be done with both arms simultaneously or individually.

TRICEPS KICKBACK



Stand facing the Pro Gym Extreme, bending at your knees and hips. Grasp the handles, keeping your chest over your knees. Elbows should be flexed and positioned to your sides. Extend your elbows, driving your hands back towards the back wall. Ensure that elbows remain high and locked-in at your sides.

LATERAL RAISES



Facing the Pro Gym Extreme, grasp the handles, ensuring that there is slight tension in the tubes. Position yourself far enough away so that your arms are slightly lower than shoulder level. With your hands facing one another, pull the handles back and outward to your sides while raising them to shoulder height. Bring your hands back to the starting position and repeat.

OBLIQUE TRUNK TWIST



Attach both ends of the tubes to one handle. Stand facing the Pro Gym Extreme, grasping the handle with both hands. With both hands extended out at shoulder level, having tension in the tubes, twist your entire body to one side—use your obliques to rotate. Your arms should remain straight and your hips squared.



LOW-ANCHORED TUBES

CHEST PRESS WITH ROTATION

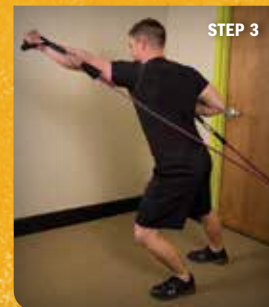
Facing away from the Pro Gym Extreme, position yourself far enough away so that you have slight tension on the tubes. Standing with your feet shoulder-width apart, grasp the handles—palms in a neutral position and at hip level. Bring one arm forward in a pressing motion to the front and across the midline of your body, rotating your hand so your palm is facing downward. Your hips should remain stationary as you rotate your upper body and press. You should finish the movement with your arm straight and to the outside of your opposite hip. Return to the starting position and repeat on the opposite side.



STEP 1



STEP 2



STEP 3



STEP 1



STEP 2

BICEP CURLS

Facing the Pro Gym Extreme, grasp the handles, ensuring that there is slight tension in the tubes. Maintaining a straight back and keeping your elbows at your sides, curl the handles toward your shoulders. This exercise can be done with both arms simultaneously or individually.

FRONT RAISES



Facing away from the Pro Gym Extreme, grasp both handles with your palms facing to the rear. Starting at hip level, bring the handles directly to the front, ending the movement at shoulder level. This exercise can be done with both arms simultaneously or individually.



ABDOMINAL CRUNCHES

Begin the exercise by lying on your back with your head closer to the door. Either bend your knees to 90 degrees or completely lift your legs off the ground. Grasp the handles of the Pro Gym Extreme, keeping your arms straight and to the sides of your body. Slowly crunch your upper body towards your knees, lifting your shoulders off the floor and bringing your hands forward. Keep your chin up and off of your chest when performing this movement.



HIGH KNEE RAISES



Facing away from the Pro Gym Extreme, place an ankle cuff on each leg. Ensure that there is equal tension on each side prior to beginning the exercise. With a slightly staggered foot stance (one foot in front of the other) and feet shoulder-width apart, bring your back foot forward. Raise your knee high and towards your chest. Return to the starting position and repeat the movement. Alternate starting positions and repeat on your opposite leg.

ABDOMINAL KNEE TUCK



Laying on your back, place the Pro Gym Extreme ankle cuffs onto each ankle. Place yourself far enough away from the door that there is slight tension in the tubes before beginning the movement. Put your hands underneath the small of your back or out to the sides. Slowly bring your knees towards your chest, contracting your abdominals as you perform the movement. In a controlled movement, bring your legs back to the starting position and repeat. To increase the level of difficulty, either increase the tube resistance and/or start further away from the door.

GLUTE KICKBACKS

Begin by attaching a single cuff to both ends of the Pro Gym Extreme tube(s). Facing the door while on your hands and knees, place the cuff onto your foot ensuring that it is securely positioned on the instep of your foot. Extend the knee of the cuffed leg up and back. Return to the starting position and repeat the movement on the other side.



GLUTE KICKBACKS – PRONE

Lying in a prone position (on your stomach) and facing away from the door, place the Pro Gym Extreme ankle cuffs onto each ankle. Place yourself far enough away from the door that there is slight tension in the tubes before beginning the movement. With your legs straight, bend at your knees, curling your feet towards your buttocks. This exercise can be done with both legs simultaneously or individually.





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