

Use with GoFit's Rubber-Resistance Training System

# Resist-a-Bar

Bar + Tubes/Bands = Power



The GoFit Resist-a-Bar works together with GoFit's Rubber-Resistance products as a modular component system. Simply connect the carabiner ends to GoFit's Super Tubes and Power Bands, for a full array of resistance exercises. It all adds up to a powerful and versatile workout. *Train. Recover. Repeat. GoFit.*



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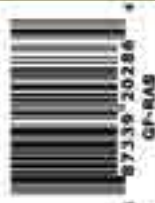


## WARNING



**IMPORTANT:** Read & 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. Occasional. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and instructions before use. Always use proper technique and common sense when exercising. Before each use, check your equipment thoroughly for any signs of damage, defects or wear. If any is found, discontinue use immediately and contact GoFit for assistance. Not intended for commercial use.



# Table Of Contents

*NOTE: Use Resist-a-Bar with GoFit Rubber Resistance Training System products, sold separately: Power Tubes, Super Bands, Door Anchor.*

<b>WARNINGS - Maintenance</b> .....	1A
<b>Usage Guide and Exercise Guidelines</b> .....	4A
<b>Non-Anchored Exercises:</b>	
Squat .....	1
Split Lunge to Military Press .....	2
Two-Legged RDL .....	3
Upright Rows .....	4
Kneeling Tricep Press .....	5
Bicep Curls .....	6
<b>Upper-Anchored Exercises:</b>	
Lat and Tricep Press Down .....	7
Lat Pull Down .....	8
Stability Chop .....	9
<b>Middle-Anchored Exercises:</b>	
Split Stance Chest Press .....	10
Stability Pull .....	11
Stability Press .....	12
<b>Lower-Anchored Exercises:</b>	
Stability Lift .....	13
Seated Rows .....	14
Personal Notes Page .....	15

## **WARNING**



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

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, 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, the illustrations depicted in this program portray 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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## **WARNING**



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

- **ALWAYS** insure that the carabiner latches are closed and secure
- **ONLY** use this product in the manor shown or intended
- **NEVER** leave this product unattended
- This product is not recommended for use during pregnancy unless expressly prescribed by your physician.
- Use only as directed/shown/illustrated/intended
- This product is not a toy; keep out of reach of children. If allowing anyone under 18 to use it, they must have constant adult supervision with proper instruction.
- Never allow pets near this product

### **DOOR ANCHOR:**

- **ALWAYS** inspect stitching prior to use
- **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

### **POWER TUBES / SUPER BANDS:**

- **NEVER** stretch Tubing or Bands more than twice their resting length
- **ALWAYS** inspect Tubing or Bands before every use
- **DISCONTINUE USE** if Tubing or Bands becomes nicked or torn

### **MAINTENANCE AND CARE**

- Clean the Resist-a-Bar using a soft cloth with mild soap and warm water. Be sure to remove all residue and water before use.
- **DO NOT** use abrasive or chemical cleaners
- Keep the Resist-a-Bar out of direct sunlight. Product should not be placed anywhere where it would be exposed to extreme high or low temperatures or heat sources.

2A

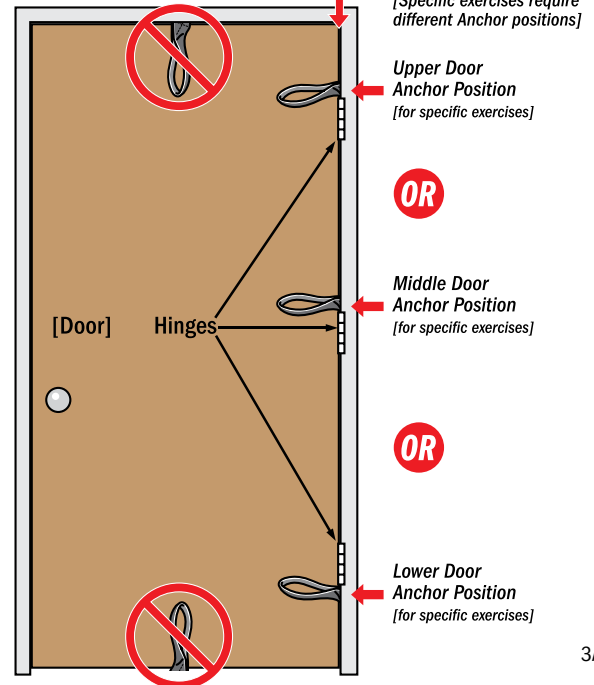
## **WARNING**



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## **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



3A

## Usage Guide

This Training Manual is a reference guide for performing exercises with the GoFit Resist-a-Bar, to be used with GoFit Rubber Resistance Training products as a modular component system.

### IMPORTANT NOTE:

**Follow all warnings and installation instructions provided with each GoFit Rubber Resistance Training System Product**

*All items sold separately—build your own custom workout program.*

### GETTING STARTED

#### GoFit Power Tubes and Super Bands:

Connect the GoFit Power Tubes or Super Bands to the carabiner ends of the Resist-a-Bar. Follow all Warnings and usage instructions included with the Power Tubes and Super Bands, sold separately.

Choose the weight-resistance levels appropriate to your training program. With the many choices available, you can expand on your exercise program as your training level advances.

#### The GoFit Door Anchor:

Some exercises use the GoFit Door Anchor. Follow all Warnings and usage instructions included with the Door Anchor, sold separately. For quick reference, see Door Anchor placement instructions on page 3A of this manual.



## Exercise Guidelines

Always start your training at a level that will allow you to complete the recommended reps and sets. For optimal results when exercising, only increase weight resistance as you're able to maintain proper form and control while doing so.

- Take breaks between sets
- Discontinue if you feel undue pain
- Be patient and persistent—building strength takes time
- Have a towel and water bottle ready
- Breathe—your muscles need oxygen
  - Inhale when the muscle lengthens
  - Exhale when the muscle shortens.
 Think “exhale on the exertion.”
- Stretch before your workout, and especially upon completion.

Do exercises in proper order so you are balancing your muscle function. Example: while exercising your upper arms, follow a “pulling” exercise, such as bicep curls with a “pushing” exercise, such as tricep presses.

		WORKOUT	FREQUENCY	SETS	REPS
FITNESS LEVEL	BEGINNER	Choose 10 exercises	2 x weekly 2 days rest between workouts -3 minute rest between exercises	1	10-12
	INTERMEDIATE	Choose 12 exercises	3 x weekly -At least 1 day rest between workouts -90 seconds rest between sets -2 minute rest between exercises	2	8-10
	ADVANCED	Do all 15 exercises	3 x weekly -At least 1 day rest between workouts -45 seconds rest between sets -1 minute rest between exercises	3	8-10

## Squats



A- Stand with both feet on resistance tube (or band), shoulder-width apart. Rest Bar on the back of your shoulders. Hold Bar using wide grip, palms forward.



B- Keeping chest and head up, slowly squat until your thighs are parallel to the floor. Slowly return to the starting position. Repeat reps.

## Split Lunge to Military Press



A- Stand with one foot on resistance tube (or band); feet hip-width apart. Hold Bar with middle grip, palms down. Arms are relaxed and Bar is resting on thighs.



B- Step back into lunge position with free foot until front thigh is parallel with the floor. Clean Bar to the chest at the same time.



C- Remain in lunge position and stabilize. Press Bar overhead. Lower the Bar and step forward, returning your free foot to its original position. Repeat reps. Repeat reps with other leg.

## Two-Legged RDL



A- Stand with both feet on resistance tube (or band), shoulder-width apart. Rest Bar on the back of your shoulders. Hold Bar using wide grip, palms forward.



B- Engage your core and slowly bend forward while keeping your back straight. Engage hamstrings and glutes as you return to the starting position. Repeat reps.

## Upright Rows



A- Stand with one foot on resistance tube (or band); feet hip-width apart. Hold Bar with close grip, palms down. Arms should be relaxed with Bar resting on thighs.



B- Pull Bar straight up, keeping elbows high. Slowly lower the Bar. Repeat reps.

## Kneeling Tricep Press



**A-** Kneel, keeping back straight and upright. Loop resistance tube (or band) under your shins. Hold the Bar behind your head with close grip, palms up.



**B-** Slowly press Bar up and over your head. Slowly lower Bar to starting position. Repeat reps.

5

## Bicep Curls



**A-** Stand with one foot or two feet on resistance tube (or band); feet hip-width apart. Hold Bar with middle grip, palms up. Arms should be relaxed with Bar resting on thighs.



**B-** Keep elbows close by your sides and slowly curl Bar upwards. Slowly lower Bar to starting position. Repeat reps.

6

## Lat and Tricep Press-Down

*Upper Door Anchor Position*



**A-**  
Kneel facing door, keeping back straight and upright. Hold the Bar with arms extended using middle-to-wide grip, palms down.



**B-**  
Keeping arms straight, slowly press Bar down towards the floor. Slowly let Bar raise to starting position. Repeat reps.

7

## Lat Pull-Down

*Upper Door Anchor Position*



**A-**  
Sit facing door, keeping back straight and knees bent. Hold the Bar with arms extended using middle grip, palms down.



**B-**  
Tighten core and slowly pull Bar into your chest and hold. Slowly return Bar to starting position. Repeat reps.

8



## Stability Chop

*Upper Door Anchor Position*



**A-** Stand parallel to the door, knees bent in lunge position. Hold Bar with wide grip, palms down, arms extended. Bar should be in line with, resistance tube (or band) and Door Anchor.



**B-** Chest up, engage core. Keeping arms extended, pull down and across body with outside arm.



*Note: Resistance tube (or band) is attached at only one end of the Bar.*

**C-** Keeping arms extended, push inside arm down, across body, and outward. Slowly return to starting position. Repeat reps. Repeat reps facing the other direction and switching leg and arm positions.

9

## Split Stance Chest Press

*Middle Door Anchor Position*



**A-** Stand facing away from the door, knees bent in lunge position. Hold Bar across chest with wide grip, palms down, elbows bent.



**B-** Remain in lunge position and press bar away from chest. Slowly return Bar to starting position. Repeat reps—do half of the recommended reps with your left leg forward, then switch legs.

10

## Stability Pull

*Middle Door Anchor Position*



**A-**  
Stand facing door. Hold Bar with middle-to-wide grip, palms down, arms extended out in front of you.



**B-**  
Pull Bar toward your chest with even pressure on left and right arms. Slowly return Bar to starting position. Repeat reps.

Alternate exercise:  
Keeping left arm straight, pull right arm toward your chest. Do reps with one arm, then switch arms.

11

## Stability Press

*Middle Door Anchor Position*



**A-**  
Stand perpendicular to the door, knees bent in lunge position. Hold Bar chest high with wide grip, palms down, elbows bent. Bar should be in line with, resistance tube (or band) and Door Anchor.



**B-**  
Chest up, engage core. Pushing with both arms, extend your right arm, straight out, away from the door.

*Note: Resistance tube (or band) is attached at only one end of the Bar.*



**C-**  
While turning your upper body, continue pressing your left arm, extending it out away from the door. Slowly return to starting position. Repeat reps. Repeat reps facing the other direction and switching leg and arm positions.

## Stability Lift

*Lower Door Anchor Position*



**A-**  
Stand perpendicular to the door, knees bent in lunge position. Hold Bar chest high with wide grip, palms down, elbows bent. Bar should be in line with, resistance tube (or band) and Door Anchor.



**B-**  
Chest up, engage core. Pushing with both arms, extend your right arm up and out, away from the door.



*Note: Resistance tube (or band) is attached at only one end of the Bar.*

**C-**  
While turning your upper body, continue pressing your left arm, extending it up and out away from the door. Slowly return to starting position. Repeat reps. Repeat reps facing the other direction and switching leg and arm positions.

13

## Seated Rows

*Lower Door Anchor Position*



**A-**  
Sit facing door, keeping back straight and knees bent. Hold the Bar with arms extended, using middle-to-wide grip, palms down.



**B-**  
Tighten core and slowly pull Bar into your chest and hold. Slowly return Bar to starting position. Repeat reps.

14

