

PowerHandles

GoFit Power Handles are a key component in GoFit's versatile *Rubber Resistance Training System*. For efficient and effective strength training, attach the Power Handles to GoFit Power Tubes and GoFit Super Bands, sold separately in a full line of weight resistance levels. **Train. Recover. Repeat. GoFit.**



PowerHandles

Use with GoFit Power Tubes and Super Bands for a Complete Rubber Resistance Training System



Includes: One Pair Power Handles

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/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. Not intended for commercial use.



GF-STHC



Go to www.gofit.com for product information.

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NOTE: GoFit Power Tubes, Super Bands, Door Anchor, and Ankle Strap sold separately.

GoFit Rubber Resistance Training System





WARNING



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

- **ALWAYS** inspect stitching prior to use
- **ALWAYS** insure that carabiner latch is closed and secure

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

POWER TUBES / SUPER BANDS:

- **NEVER** stretch Tubing or Bands more than twice its resting length
- **ALWAYS** inspect Tubing or Bands before every use
- **DISCONTINUE USE** if Tubing or Bands becomes nicked or torn
- **ONLY** use this product in the manner shown or intended
- **NEVER** leave unattended

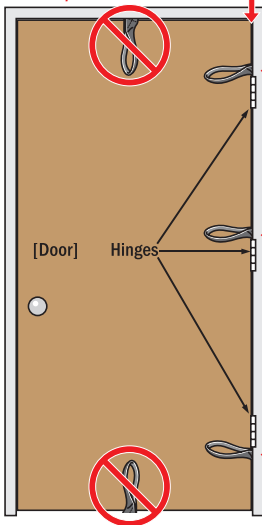
1A



WARNING

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]

2A



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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Exercise Program

Use this manual as a visual reference exercise guide for use with the GoFit Power Tubes. Always start at a level that will allow you to complete all the recommended reps and sets described in this manual.

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 gofit.net and see our entire product line and more.

Terms:

(NR) No Recovery – Move immediately to next exercise

(AR) 30 second Active Recovery – March in place, Jumping Jacks, Push-Ups, Mountain Climbers, etc.

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., increase or decrease resistance) –

Muscular Power development

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

BEGINNER • INTERMEDIATE • ADVANCED

Beginner (2-3 x weekly)

*Start with lighter resistance tubes/bands and increase resistance as your ability progresses.

	SET	TIME / REPS	REST
NON-ANCHORED	1 set of each exercise	20-30 sec, or 15 reps	20-30 sec b/w each exercise
HIGH-ANCHORED	1 set of each exercise	20-30 sec, or 15 reps	20-30 sec b/w each exercise
MID-ANCHORED	1 set of each exercise	20-30 sec, or 15 reps	20-30 sec b/w each exercise
LOW-ANCHORED	1 set of each exercise	20-30 sec, or 15 reps	20-30 sec b/w each exercise
LOW-ANCHORED w/ ANKLE STRAP	1 set of each exercise	20-30 sec, or 15 reps	20-30 sec b/w each exercise

Intermediate (3 x weekly)

***(AR)** 30 second Active Recovery – March in place, Jumping Jacks, Push-Ups, Mountain Climbers, etc.

	SET	TIME / REPS	REST
NON-ANCHORED	2 sets of each exercise	30-45 sec, or 12 reps	AR / 30 sec alternate b/w each exercise
HIGH-ANCHORED	2 sets of each exercise	30-45 sec, or 12 reps	AR / 30 sec alternate b/w each exercise
MID-ANCHORED	2 sets of each exercise	30-45 sec, or 12 reps	AR / 30 sec alternate b/w each exercise
LOW-ANCHORED	2 sets of each exercise	30-45 sec, or 12 reps	AR / 30 sec alternate b/w each exercise
LOW-ANCHORED w/ ANKLE STRAP	2 sets of each exercise	20-30 sec, or 12 reps	AR / 30 sec alternate b/w each exercise

Advanced (3-4 x weekly)

*(NR) No Recovery – Move immediately to next exercise

	SET	TIME / REPS	REST
NON-ANCHORED	3 sets of each exercise	45-60 sec, or 12 reps	NR/AR/30 sec alternate b/w each exercise
HIGH-ANCHORED	3 sets of each exercise	45-60 sec, or 12 reps	NR/AR/30 sec alternate b/w each exercise
MID-ANCHORED	3 sets of each exercise	45-60 sec, or 12 reps	NR/AR/30 sec alternate b/w each exercise
LOW-ANCHORED	3 sets of each exercise	45-60 sec, or 12 reps	NR/AR/30 sec alternate b/w each exercise
LOW-ANCHORED w/ ANKLE STRAP	3 sets of each exercise	45-60 sec, or 12 reps	NR/AR/30 sec alternate b/w each exercise

Squats



Step 1

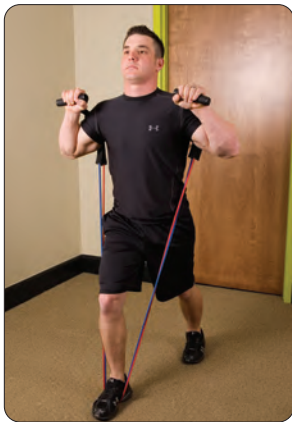


Step 2

POWER HANDLES

Training Manual

Reverse Lunge



Step 1



Step 2

POWER HANDLES

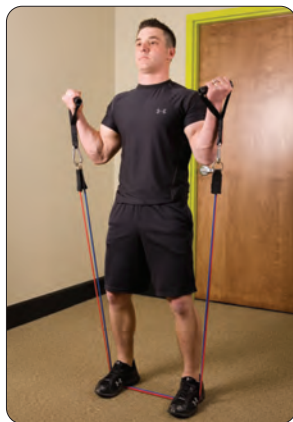
2

Training Manual

Bicep Curls



Step 1



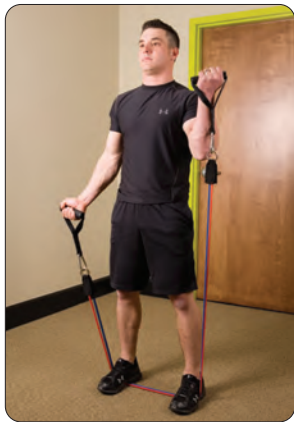
Step 2

POWER HANDLES

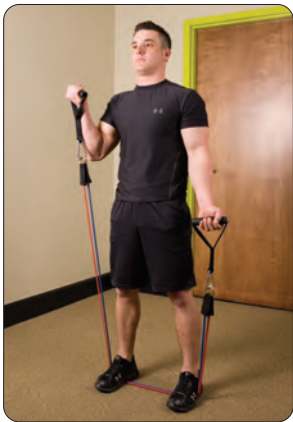
3

Training Manual

Alternating Bicep Curls



Step 1



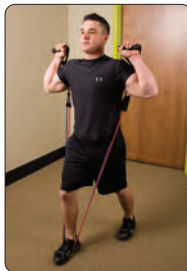
Step 2

POWER HANDLES

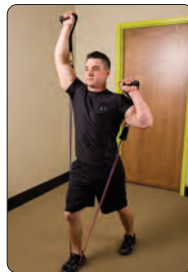
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Training Manual

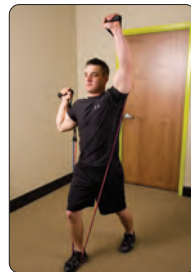
Alt. Shoulder Press



Step 1



Step 2



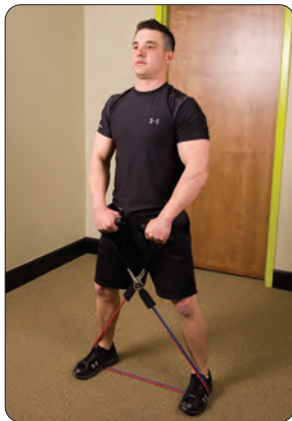
Step 3

POWER HANDLES

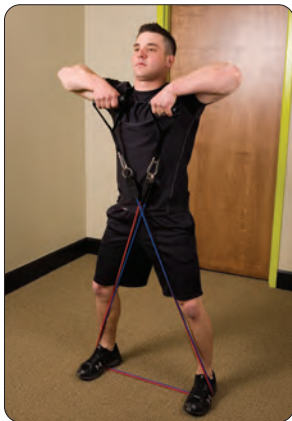
5

Training Manual

Upright Rows



Step 1



Step 2

POWER HANDLES

6

Training Manual

Squat with Side Step



Step 1



Step 2



Step 3

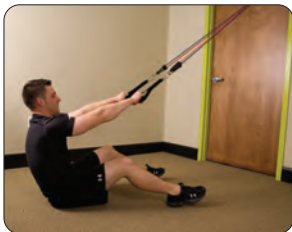
POWER HANDLES

7

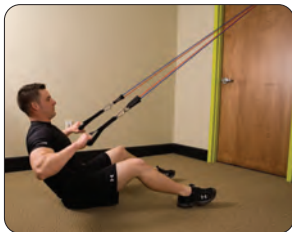
Training Manual

Seated Lat Pull Down

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

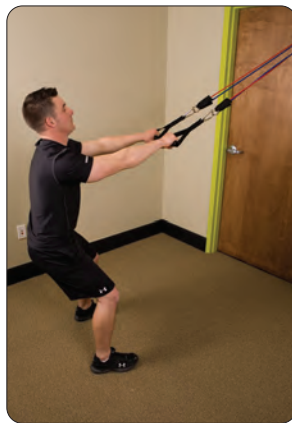
POWER HANDLES

8

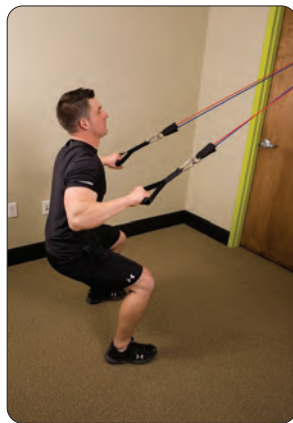
Training Manual

Squat Row

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

POWER HANDLES

9

Training Manual

Paddler's Row

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

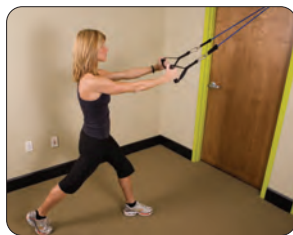
POWER HANDLES

10

Training Manual

Reverse Lunge

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

POWER HANDLES

11

Training Manual

Chest Press

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

POWER HANDLES

12

Training Manual

Post Delts High Low

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

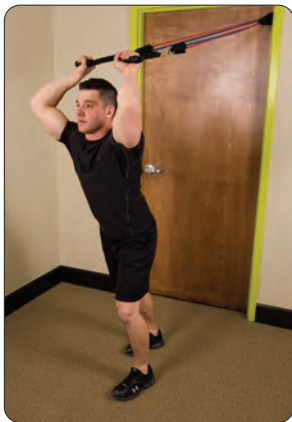
POWER HANDLES

13

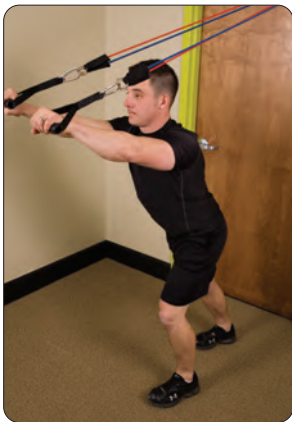
Training Manual

Overhead Tricep Extension

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

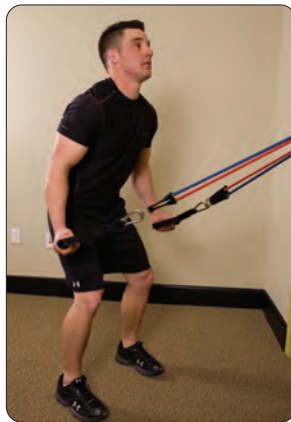
POWER HANDLES

14

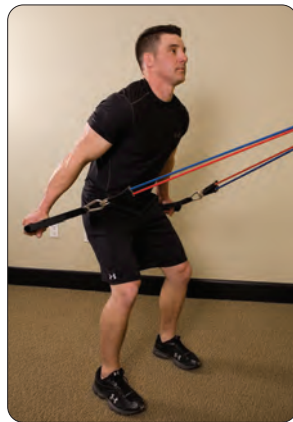
Training Manual

Triceps Kickback

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

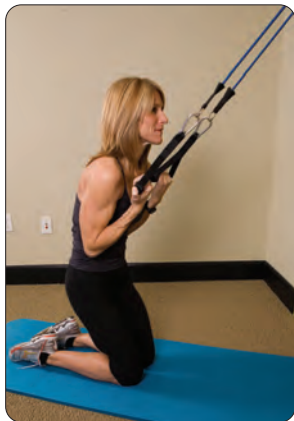
POWER HANDLES

15

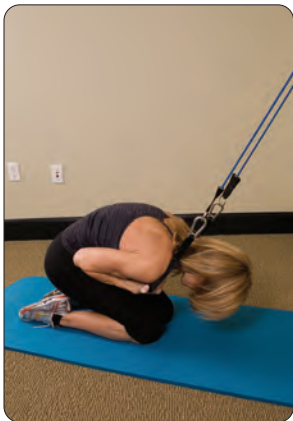
Training Manual

Kneeling Ab Crunch

Upper Door Anchor Position, through hinge side of door.



Step 1



Step 2

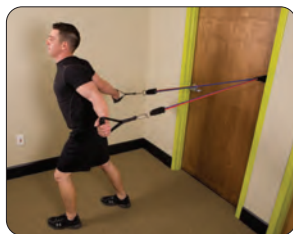
POWER HANDLES

16

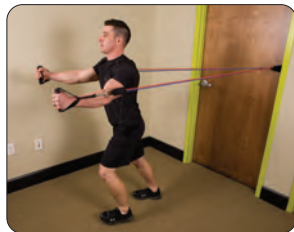
Training Manual

Chest Flys

Middle Door Anchor Position, through hinge side of door.



Step 1



Step 2

POWER HANDLES

17

Training Manual

Standing Rows

Middle Door Anchor Position, *through hinge side of door.*



Step 1

*Standing Rows
continued to Pg. 19



Step 2

Standing Rows (Continued)

Middle Door Anchor Position, *through hinge side of door.*



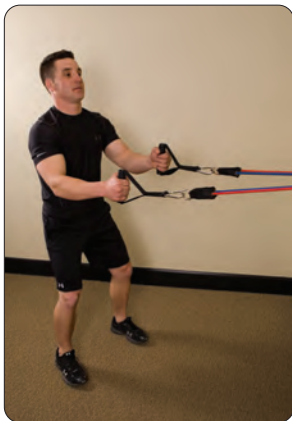
Step 4



Step 3

Lateral Pulls

Middle Door Anchor Position, *through hinge side of door.*



Step 1



Step 2

POWER HANDLES

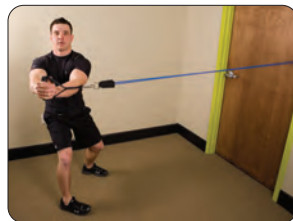
20

Training Manual

Oblique Trunk Twist

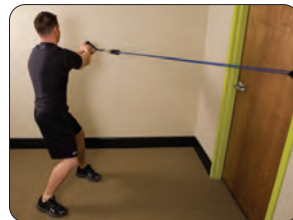


Step 1



Step 2

**Middle Door Anchor
Position,**
through hinge side of door.



Step 3

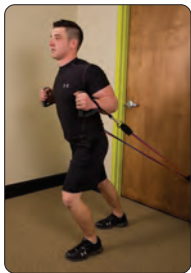
POWER HANDLES

21

Training Manual

Chest Press with Rotation

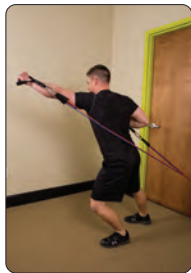
Lower Door Anchor Position, through hinge side of door.



Step 1



Step 2



Step 3

POWER HANDLES

22

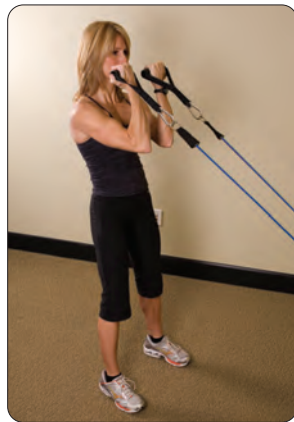
Training Manual

Bicep Curl

Lower Door Anchor Position, through hinge side of door.



Step 1



Step 2

POWER HANDLES

23

Training Manual

Front Raises

Lower Door Anchor Position, through hinge side of door.



Step 1



Step 2



Step 3

POWER HANDLES

24

Training Manual

Abdominal Crunches

Lower Door Anchor Position, through hinge side of door.



Step 1



Step 2

POWER HANDLES

25

Training Manual

Ab Crunches (Advanced)

Lower Door Anchor Position, through hinge side of door.



Step 1



Step 2

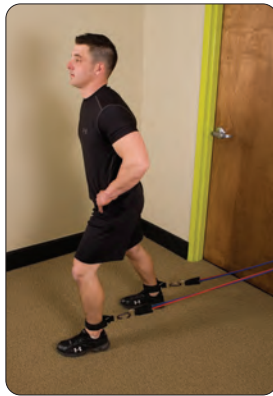
POWER HANDLES

26

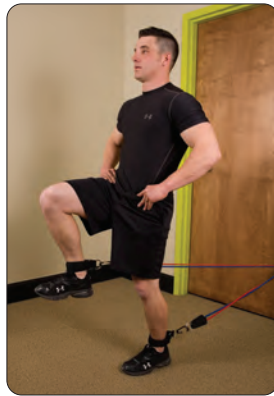
Training Manual

High Knee Raise

Lower Door Anchor Position with Ankle Strap, through hinge side of door.



Step 1



Step 2

POWER HANDLES

27

Training Manual

Abdominal Knee Tuck

Lower Door Anchor Position with Ankle Strap,
through hinge side of door.



Step 1



Step 2

POWER HANDLES

28

Training Manual

Glute Kickbacks

Lower Door Anchor Position with Ankle Strap,
through hinge side of door.



Step 1



Step 2

POWER HANDLES

29

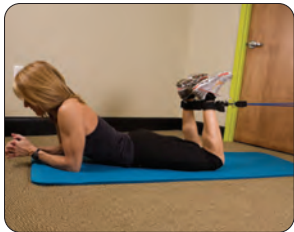
Training Manual

Glute Kickbacks—Prone

Lower Door Anchor Position with Ankle Strap,
through hinge side of door.



Step 1



Step 2

Notes:

Notes:

Notes:

Develop a well-rounded fitness plan with companion products and instructional content from GoFit. Shop select retailers worldwide, or visit us at **www.gofit.com** to find your total home-fitness solution.

