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PowerTube



 **WARNING**



IMPORTANT: Read & follow all warnings and information before using this product to reduce the risk of injury.

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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 (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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WARNING



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

- **ALWAYS** inspect stitching prior to use
- **ALWAYS** insure that the 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

- **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

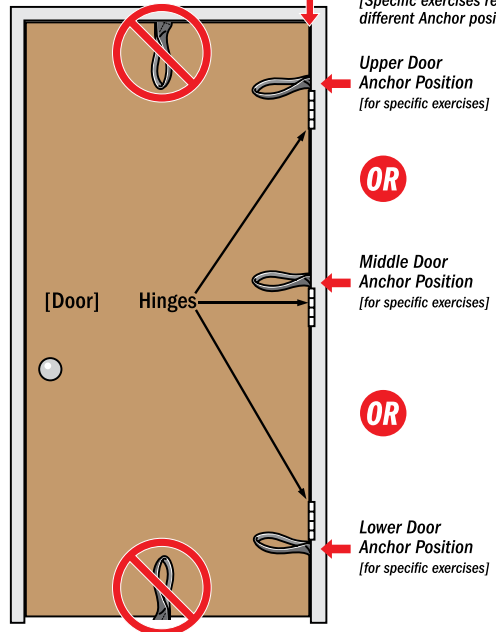
2A

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]



3A

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.

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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)

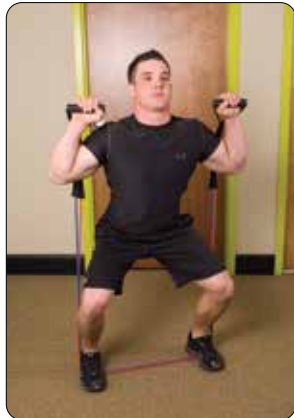
***(NR) No Recovery** – Move immediately to next exercise

	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 TUBE

1

Training Manual

Reverse Lunge



Step 1



Step 2

POWER TUBE

2

Training Manual

Bicep Curls



Step 1



Step 2

POWER TUBE

3

Training Manual

Alternating Bicep Curls



Step 1



Step 2

POWER TUBE

4

Training Manual

Alt. Shoulder Press



Step 1



Step 2



Step 3

POWER TUBE

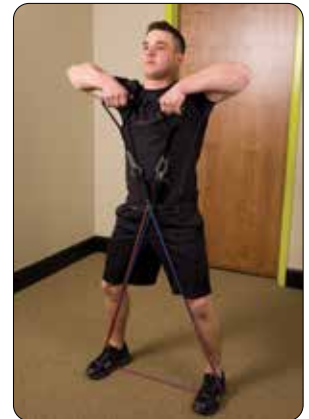
5

Training Manual

Upright Rows



Step 1



Step 2

POWER TUBE

6

Training Manual

Squat with Side Step



Step 1



Step 2



Step 3

POWER TUBE

7

Training Manual

Seated Lat Pull Down

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

Step 1



Step 2



POWER TUBE

8

Training Manual

Squat Row

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



Step 1



Step 2

POWER TUBE

9

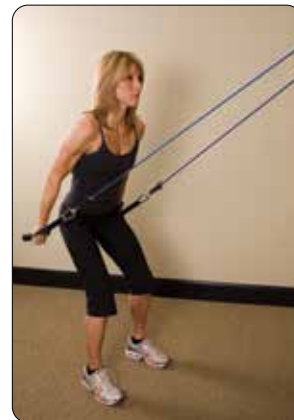
Training Manual

Paddler's Row

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



Step 1



Step 2

POWER TUBE

10

Training Manual

Reverse Lunge

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

Step 1



Step 2



11

POWER TUBE

Training Manual

Chest Press

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

Step 1



Step 2



12

POWER TUBE

Training Manual

Post Delts High Low

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



Step 1



Step 2

POWER TUBE

13

Training Manual

Overhead Tricep Extension

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



Step 1



Step 2

POWER TUBE

14

Training Manual

Triceps Kickback

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



Step 1



Step 2

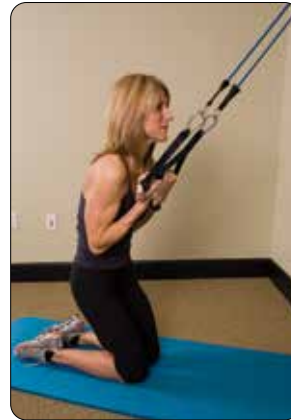
POWER TUBE

15

Training Manual

Kneeling Ab Crunch

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



Step 1



Step 2

POWER TUBE

16

Training Manual

Chest Flys

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

Step 1



Step 2



17

POWER TUBE

Training Manual

Standing Rows

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

Step 1



*Standing Rows
continued to Pg. 19

Step 2



18

POWER TUBE

Training Manual

Standing Rows (Continued)

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

Step 4



Step 3



19

POWER TUBE

Training Manual

Lateral Pulls

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

Step 1



Step 2



20

POWER TUBE

Training Manual

Oblique Trunk Twist

Step 1



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

Step 2



Step 3



21

POWER TUBE

Training Manual

Chest Press with Rotation

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



Step 1



Step 2



Step 3

22

POWER TUBE

Training Manual

Bicep Curl

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



Step 1



Step 2

POWER TUBE

23

Training Manual

Front Raises

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



Step 1



Step 2



Step 3

POWER TUBE

24

Training Manual

Abdominal Crunches

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

Step 1



Step 2



POWER TUBE

25

Training Manual

Ab Crunches (Advanced)

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

Step 1



Step 2



POWER TUBE

26

Training Manual