



Training Manual

SUPER BAND



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

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*GoFit Super Bands, Door Anchor, and Ankle Straps sold separately.





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, 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 using this product, to reduce the risk of serious injury or fatality.

- **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

SUPER BANDS

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

MAINTENANCE AND CARE

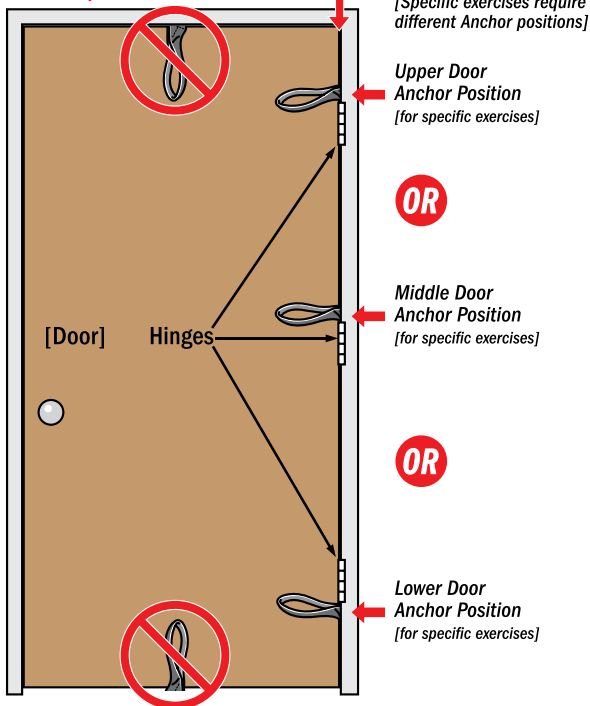
- Clean the Super Band with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Super Band out of direct sunlight. The Super Band should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources.
- The Super Band is composed of rubber and the life span of the band will depend on the amount of usage and proper care.



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



Phase 1: Workout Guidelines

The GoFit Super band workout was specially designed by Luke Richeson, head NFL Strength and Conditioning Coach. Coach Richeson has trained MLB Players, Olympians, Special Warfare Operatives, and countless #1 NFL draft picks. Coach Richeson's special method of utilizing functional training to improve performance will elevate the Super Band to a truly all encompassing functional training tool.

Use this manual as a visual reference exercise guide for use with the GoFit Super Bands. 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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PHASE 1 WORKOUT

Phase 1 workout is a three day program that progresses over four weeks. Each day has a specific regimen that progresses week-to-week as you become stronger. Each day consists of several blocks of exercises: Quad Set, Tri Set, Super Set, and Band Complex block.

In each block you have a number of exercises. You will complete one set of each exercise in the block, rest for noted time, then repeat for the remaining sets of that block. Once you have completed the recommended sets of each exercise in that block, then move to the following block of exercises.

TIPS:

- Listen to your body.
- Never sacrifice proper form.
- Discontinue if you feel undue pain.
- Be patient and persistent. Building strength takes time.
- Have a towel and water ready.
- Breathe. Your muscles need oxygen. Inhale when the muscle lengthens, exhale when the muscle shortens—think “exhale on the exertion.”
- Stretch upon completion.

Phase 1: Workout Terms

Set – (i.e., one set of 10 bicep curls)
a sequence of one or more complete movements

Rep/Repetition – (i.e., 10 reps for each arm)
one complete movement of an exercise

Duration – (i.e., one set of curls for :20-30 seconds) a timed set for an exercise

TRI SET – a block of training that consists of 3 specific exercises.
(You will do one set of each exercise in the block, rest for noted duration, and repeat with remaining sets. After you have completed the block, move to the next block of exercises.)

SUPER SET – a block of training that consists of 2 specific exercises.

QUAD SET – a block of training that consists of 4 specific exercises.

BAND COMPLEX – a block of 5 explosive, consecutive exercises.

Recovery/Rest – a period of time to let your body regain strength and balance.

Example Training Schedule:

- *Mon-Day 1 workout*
- *Tues-Recovery day*
- *Wed-Day 2 workout*
- *Thurs/Fri-Recovery day*
- *Sat-Day 3 workout*
- *Sun-Recovery day*

(NR) No Recovery – move immediately to the next exercise

(AR) Active Recovery 30 second Active Recovery – 30 seconds between exercises of marching in place, Jumping Jacks, Push-Ups, or Mountain Climbers etc.

Progression – Increasing Program Intensity

- 1 - Reps/Duration (i.e., 10 to 15 reps; :20 to :30 sec) –
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

Phase 1—Day 1 Complete all exercises and sets in one TRI/Super Set block, then move to the next block of exercises.

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

Exercise	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
TRI SET	3	8-10	3	8-10	3	10-12	3	12-15
	3	8-10	3	8-10	3	10-12	3	12-15
	3	:30 sec	3	:40 sec	3	:50 sec	3	1:00 min
Rest 1:00 Minute after each full Tri Set, repeat for remaining sets, then move to the next Tri Set block.								
TRI SET	3	6-8 ea	3	6-8 ea	3	8-10 ea	3	12-15 ea
	3	8-10	3	8-10	3	10-12	3	12-15
	3	4-6 ea	3	6-8 ea	3	6-8 ea	3	8-10 ea
Rest 1:00 Minute after each full Tri Set, repeat for remaining sets, then move to the Super Set block.								
SUPER SET	2	8-10	2	8-10	2	10-12	2	12-15
	2	8-10	2	8-10	2	10-12	2	12-15
Rest :30-45 Seconds after each full Super Set, repeat for remaining set, then move to the next Super Set block.								
SUPER SET	2	8-10	2	8-10	2	10-12	2	12-15
	2	15	2	20	2	25	2	30
Rest :30-45 Seconds after each full Super Set, repeat for remaining set, then you are completed with the Day 1 workout.								

*Take 1 Recovery day, then proceed with Phase 1—Day 2 workout

Phase 1—Day 2 Complete all exercises and sets in one TRI/Super Set block, then move to the next block of exercises.

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

Exercise	Week 1		Week 2		Week 3		Week 4		
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
TRI SET	Overhead Squat	3	8-10	3	8-10	3	10-12	3	12-15
	Split Stance Single Arm Row	3	8-10	3	8-10	3	10-12	3	12-15
	Side Pillar Bridge	3	:20 sec	3	:30 sec	3	:40 sec	3	:50 sec
Rest 1:00 Minute after each full Tri Set, then repeat for remaining sets.									
TRI SET	Single Arm Overhead Band Split Squat	3	6-8 ea	3	6-8 ea	3	8-10 ea	3	12-15 ea
	Kneeling Band Lat Pull Down	3	8-10	3	8-10	3	10-12	3	12-15
	V-Ups	3	20	3	25	3	30	3	35
Rest 1:00 Minute after each full Tri Set, then repeat for remaining sets.									
SUPER SET	Band Face Pull Down	2	8-10	2	8-10	2	10-12	2	12-15
	Front Loaded Single Leg Squat	2	6-8	2	6-8	2	8-10	2	12-15
Rest :30-45 Seconds after each full Super Set, then repeat for remaining sets.									
SUPER SET	Band Upright Row	2	8-10	2	8-10	2	10-12	2	12-15
	Bicep Curl	2	8-10	2	8-10	2	10-12	2	12-15
Rest :30-45 Seconds after each full Super Set, repeat for remaining set, then you are completed with the Day 2 workout.									

*Take 2 Recovery days, then proceed with Phase 1—Day 3 workout

Phase 1—Day 3 Complete all exercises and sets in one TRI/Super Set block, then move to the next block of exercises.

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

Exercise	Week 1		Week 2		Week 3		Week 4		
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
QUAD SET	Front Bridge (Plank)	2	:30 sec	2	:40 sec	2	:50 sec	2	1:00 min
	Band Sit Up	2	20	2	25	2	30	2	35
	Side Pillar Bridge	2	:20 sec	2	:30 sec	2	:40 sec	2	:50 sec
	Bicycles	2	20	2	25	2	30	2	35
Rest 1:00 Minute after each full Quad Set, repeat for remaining set, then move to the Band Complex block.									
BAND COMPLEX	Band Upright Row	1	6	1	6	1	6	1	6
	Snatch	1	6	1	6	1	6	1	6
	Squat to Press	1	6	1	6	1	6	1	6
	Bent Over Row	1	6	1	6	1	6	1	6
	Snatch	1	6	1	6	1	6	1	6
No Rest after Band Complex block, move directly to the Tri Set block.									
TRI SET	Lateral Shoulder Loaded Squat	3	6-8 ea	3	6-8 ea	3	8-10 ea	3	12-15 ea
	Single Arm Perp. Row	3	6-8 ea	3	6-8 ea	3	8-10 ea	3	12-15 ea
	Kneeling Incline Press	3	8-10	3	8-10	3	10-12	3	12-15
Rest 1:00 Minute after each full Tri Set, repeat for remaining sets, then repeat the Band Complex block.									

Phase 1—Day 3 (Continued)

Complete all exercises and sets in one TRI/Super Set block, then move to the next block of exercises.

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

Exercise	Week 1		Week 2		Week 3		Week 4		
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
Repeat Band Complex Block	1	6	1	6	1	6	1	6	
No Rest after Band Complex block, move directly to the Super Set block.									
SUPER SET	Band Pull Through	3	:20 sec	3	:30 sec	3	:40 sec	3	:50 sec
	Bent Over Lat Pull Down	3	:20 sec	3	:30 sec	3	:40 sec	3	:50 sec
Rest :30-45 Seconds after each full Super Set, repeat for remaining sets, then repeat the Band Complex block.									
Repeat Band Complex Block	1	6	1	6	1	6	1	6	
No Rest after Band Complex block, move directly to the Super Set block.									
SUPER SET	Single Arm Front Loaded Split Squat	2	:20 sec	2	:30 sec	2	:40 sec	2	:50 sec
	Band Front Raise	2	:20 sec	2	:30 sec	2	:40 sec	2	:50 sec
Rest :30-45 Seconds after each full Super Set, repeat for remaining sets, then move to last Super Set block.									
SUPER SET	Band Curl	2	:20 sec	2	:30 sec	2	:40 sec	2	:50 sec
	Tricep Overhead Extension	2	:20 sec	2	:30 sec	2	:40 sec	2	:50 sec
Rest :30-45 Seconds after each full Super Set, repeat for remaining sets, then you are completed with the Day 3 workout.									

***Take 1-2 Recovery days, then proceed with Phase 1—Day 1 workout**

Band Pull Through

***Lower Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Straddle band with knees slightly bent. Chest up and back should be straight.

STEP TWO - Pull band through and up while driving hips forward, firing your glutes.



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Push Up—Band Resisted



STEP ONE - Assume push up position with band draped across your back with hands inserted through ends of bands.



STEP TWO - Slowly lower your body to one inch above the ground and pause for two seconds then drive your body upward to the starting position. Repeat.

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Front Bridge



STEP ONE - Assume plank position with elbows bent, head and neck in-line with shoulders. Hips should also be in-line with shoulders and not sagging. Work on tightening core and firing glutes.

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Single Leg Pull Through

***Lower Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Straddle band while holding with your right hand. Right foot should be hovering slightly above the ground.

STEP TWO - Slowly bend at your left knee while hinging at the hips forward, bringing your right leg upward and back. Try to keep right leg in a straight line with your back and shoulders.



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Kneeling Band Chest Fly

***Lower Door Anchor Position, through hinge side of door.
Center band on connector.**



STEP ONE - Kneel on one knee with chest up while holding band at shoulder height with arms stretched parallel with the ground.

STEP TWO - Keep chest up and core engaged. Bend elbows slightly and bring arms forward in a flying motion. Pause for 2 seconds with arms forward and palms together. Slowly return to starting position.



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Single Leg Lowering

STEP ONE - Lay flat on your back with arms out to your side and legs up in a 90 degree angle.



STEP TWO - Slowly lower your right leg to about 3 inches above the ground and return to the starting position. Slowly lower left leg to 3 inches above the ground and then return to the starting position. Continue alternating legs.



Prone Band Leg Curls

***Lower Door Anchor Position, through hinge side of door.
Center band on connector.**



STEP ONE - Lay on stomach facing away from the door with end of band looped around ankles.



STEP TWO - Curl legs up toward glutes and hold for 1 second. Slowly lower to starting position and repeat.

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Band Front Raise

***Lower Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Stand facing away from door with ends of band in both hands.

STEP TWO - Slowly raise both arms upward to eye level. Hold for 1 second and then slowly lower. Repeat.



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Band Tricep Push Down

***Upper Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Face door with end of band in both hands with elbow locked in close to sides.

STEP TWO - Keep back straight with arms at a 90 degree angle and elbows locked to your side. Slowly push downward until arms are extended and elbows are locked.



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Suitcase Crunches



STEP ONE - Lay on your back with knees bent and feet flat on ground. Fingertips at the side of your head.



STEP ONE - Crunch up with your trunk while driving your knees up to meet your elbows. Slowly lower and repeat.



Overhead Squat



STEP ONE - Stand on band with feet shoulder width apart. Press band over head and hold with arms slightly wider than shoulder width.

STEP TWO - Keeping your chest up and arms extended, slowly bend at knees into a full squat position. Focus on pulling hands apart as you sink into the squat position.



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Split Stance Single Arm Row

***Upper Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.
Handle attachment optional.**

STEP ONE - Kneel on right knee with left leg up. Grasp band or handle with right arm extended.



STEP TWO - Pull band down until elbow is next to your hip, and hand is even with your chest. Keep shoulders square and core engaged



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Side Pillar Bridge



STEP ONE - Lie on side with elbow underneath shoulder and feet stacked. Drive hips and rib cage up and away from the ground. Maintain a straight line with your body and do not let your hips sag.



Single Arm Overhead Split Squat



STEP ONE - Stand on band with your right foot while holding band overhead with your right arm. Step back with your left foot.

STEP TWO - While holding band overhead with chest up, bend right knee into a single leg squat. Left knee should not touch the ground.



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Kneeling Band Lat Pull Down

***Upper Door Anchor Position, through hinge side of door.
Center band on connector.**



STEP ONE - Face door while kneeling.
Grab bands while arms are extended.

STEP TWO - Drive elbows down and
back while pulling band down. Hold for
1 second, then slowly return to starting
position.



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V-Ups



STEP ONE - Lay with arms and legs extended.



STEP TWO - Hinge at hips and bring legs up while simultaneously bringing arms and shoulders up to meet legs.



Band Face Pull Down

***Upper Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.
DO NOT USE BANDS TO SUPPORT YOUR WEIGHT.**



STEP ONE - Grab band with arms extended and hands together. Bend knees and hold in a squat position.

STEP TWO - In squat position while holding bands, pull bands down and toward your chest while pulling hands apart at the same time.



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Front Loaded Single Leg Squat



STEP ONE - Stand on band with left foot while holding band in left hand. Slightly bend right knee so your right foot is hovering above the ground approximately one inch.

STEP TWO - Bend left arm and lock elbow into side while synching up the band to apply tension for the squat. Engage core and slowly bend left knee into squat position. Hold for 1 second, then slowly lower and repeat.



Band Upright Row



STEP ONE - Stand on band with both feet while holding with both arms at waist level. Palms facing in.

STEP TWO - Pull band upwards toward your chin while keeping elbows up. Hold for 1 second, then slowly lower and repeat.



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Bicep Curl



STEP ONE - Stand on band with both feet while holding with both arms at waist level. Palms facing in.

STEP TWO - Keeping elbows locked to your side, slowly curl band to your chin. Lower and repeat.



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Band Sit Up

***Lower Door Anchor Position, through hinge side of door.
Center band on connector.**



STEP ONE - Lie with head towards door and hands overhead grasping band.



STEP TWO - Slowly pivot arms from overhead position to front position while simultaneously crunching up with shoulders.

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Bicycles

STEP ONE - Lie with arms extended holding the band in front of your face. Right knee should be bent. Shoulders slightly off the ground.



STEP TWO - Rotate at waist, bringing trunk to your right while simultaneously rotating lower body to your left.



STEP THREE - Repeat movement going opposite direction.



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Snatch



STEP ONE - Stand on band with feet shoulder width apart.

STEP TWO - Pull band to eye level while squatting simultaneously.



STEP THREE - Thrust band with arms while sinking into squat position. This is a very fast and explosive movement. Lower arms, stand, and repeat.



Squat to Press



STEP ONE - Stand in middle of band while holding band shoulder width apart behind your neck. Chest up.

STEP TWO - With chest up, bend knees into a full squat, while simultaneously pressing band over head.



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Bent Over Rows



STEP ONE - Stand on middle of band with knees slightly bent while holding band with arms fully extended. Chest up.

STEP TWO - Drive elbows back while pulling band upwards toward your chest. Squeeze upper back together and hold for 1 second, then lower slowly. Repeat.



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Lateral Shoulder Loaded Squat

***Lower Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Stand with band over your right shoulder. Right leg straight, with left bent in a squat position.

STEP TWO - Drive, with your left leg, away from the door while shifting your weight from the left to right leg. Slowly lower back into the starting position and repeat.



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Single Arm Perp. Row

***Lower Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Stand at a 90 degree angle away from the door. Right arm is extended with band in right hand, knees bent and your body weight over your left knee.

STEP TWO - Fire glutes and rotate body weight from left leg to right leg while simultaneously pulling right arm and elbow back. (Same motion as starting a lawn mower.)



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Kneeling Incline Press

***Lower Door Anchor Position, through hinge side of door.
Center band on connector.**



STEP ONE - Kneel on one knee away from the door. Super Band ends are held in both hands at chest level.

STEP TWO - Engage core for stability and drive arms forward. Squeeze chest together. Hold for 1 second and then slowly return to starting position and repeat.



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Bent Over Lat Pull Down

***Upper Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Face door while in a half squat position. Grab bands with arms extended.

STEP TWO - Drive elbows down and back while pulling band toward your chest. Hold for 1 second, then slowly return to starting position.



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Single Arm Front Loaded Split Squat



STEP ONE - Stand on band with left foot while holding band in left hand. Step back with your right foot.

STEP TWO - Bend left arm and lock elbow into side while synching up the band to apply tension for the squat. Engage core and slowly bend right knee into a single leg squat position. Right knee should not touch the ground.



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Band Curl

***Lower Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Stand facing door with band in both hands. Arms are extended, elbows locked into your sides with palms facing up.

STEP TWO - Keeping elbows locked to your side, slowly curl band to your chin. Lower and repeat.



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Tricep Overhead Extension

***Lower Door Anchor Position, through hinge side of door.
Connect band to anchor with slip knot.**



STEP ONE - Kneel on one knee facing away from door. Super Band ends are held in both hands behind your head with elbows bent.

STEP TWO - Press band upward while extending arms at elbows. Hold for 1 second and then slowly lower back to starting position and repeat.



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