



Home Gym Kit

Push-up Bars

EXERCISE INSTRUCTION

- Warm up for 3–5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

BENT LEG



START: Kneel on the floor, grasp Push-Up Bars vertically on the floor, position hands directly under shoulders, straighten arms and bend legs. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight body position. Straighten arms, return to start, and repeat.

BENT LEG WIDE



START: Kneel on the floor, grasp Push-Up Bars horizontally on the floor, position hands wider than shoulder width, straighten arms and bend legs. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight body position. Straighten arms, return to start, and repeat.

BENT LEG DIP



START: Sit on the floor between Push-Up Bars, grasp handles vertically on the floor, position hands directly under shoulders, straighten arms and bend legs. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight body position. Straighten arms, return to start, and repeat.



Home Gym Kit

Push-up Bars

EXERCISE INSTRUCTION

- Warm up for 3–5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

STRAIGHT LEG



START: Get in plank position, grasp Push-Up Bars vertically on the floor, position hands directly under shoulders, straighten arms and bend legs. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight body position. Straighten arms, return to start, and repeat.

STRAIGHT LEG WIDE



START: Get in plank position, grasp Push-Up Bars horizontally on the floor, position hands wider than shoulder width, straighten arms and bend legs. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight body position. Straighten arms, return to start, and repeat.

STRAIGHT LEG DIP



START: Sit on the floor between Push-Up Bars, grasp handles vertically on the floor, position hands directly under shoulders, straighten arms and legs. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight body position. Straighten arms, return to start, and repeat.

All exercise programs come with inherent risks. Consult your health care professional before beginning this or any exercise program.

© & TM 2021 Gaiam Americas, Inc. All Rights Reserved. Manufactured and distributed under license by Fit for Life LLC, Louisville, CO 80027-2452. **MADE IN CHINA** | SKU 05-64492GUIDE



Home Gym Kit

Resistance Tube

EXERCISE INSTRUCTION

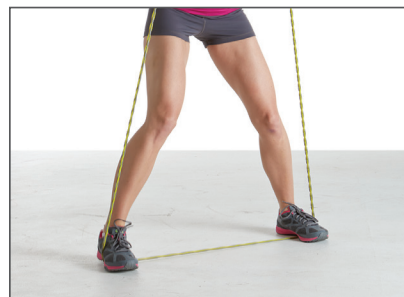
- As a warm-up before each session, perform each selected exercise 3–5 times without the Resistance Tube.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Resistance Tube exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

FOOT POSITIONING



MODERATE STANCE



WIDE STANCE



STAGGERED STANCE

SIDE RAISE



START: Stand in a staggered stance. Place tubing under front foot and with knees slightly bent. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.



FINISH: Lift arms up and away from sides of body, to shoulder height. Keep wrists firm and elbows soft. Return to start and repeat.

ARM EXTENSION



START: Stand in a staggered stance and position back foot on tubing with knees slightly bent. Grasp one handle with both hands, bend arms and position behind head.



FINISH: Straighten arms overhead directly above shoulders. Keep wrists firm and upper arms stationary. Return to start and repeat.



Home Gym Kit

Resistance Tube

EXERCISE INSTRUCTION

- As a warm-up before each session, perform each selected exercise 3–5 times without the Resistance Tube.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Resistance Tube exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

LUNGE



START: Stand in a staggered stance and position front foot on tubing and back foot slightly behind body with knees slightly bent. Grasp handles and position at shoulder height in front of body.



FINISH: Bend legs, keeping back knee above floor and front knee over toes. Keep shoulder blades squeezed together, head and chest forward. Push back up to start and repeat.

FRONT RAISE



START: Stand in a staggered stance. Place tubing under front foot with knees slightly bent. Grasp handles with palms facing thigh and position arms at sides of body, directly under shoulders.



FINISH: Lift arms up and forward in front of shoulders. Keep wrists firm and elbows soft. Return to start and repeat.

CHEST FLY



START: Stand in a staggered stance. Place tubing under back foot with knees slightly bent. Grasp handles and position arms at sides of body with palms facing up.



FINISH: Raise arms up and inward in front of chest with arms slightly bent and palms of hands facing inward. Return to start and repeat.

ARM CURL



START: Stand in a staggered stance. Place tubing under front foot with knees slightly bent. Grasp handles and position arms at sides of body.



FINISH: Bend arms and bring hands in front of body to shoulder height. Keep wrists firm and elbows at sides. Return to start and repeat.



Home Gym Kit

Speed Jump Rope

EXERCISE INSTRUCTION

- Warm up for 3–5 minutes before each exercise session.
- Complete each movement selected for 20–60 seconds.
- Perform 1–3 sets of each selected movement.
- Rest approximately 30–60 seconds between each set of movements.
- Complete select movements equally in both directions to avoid the development of muscular imbalance.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 seconds perform the movement more slowly, or take more rest between movements. Or if unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

Caution!

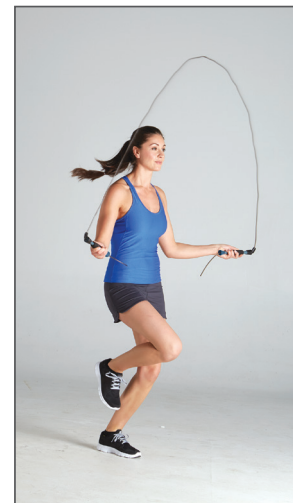
It is important to ensure that your handles are secure prior to each use. Please check that each screw is secure in place prior to beginning your workout.

BASIC JUMP



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Hop with two feet and allow rope to pass underneath feet in a continuous touch-hop foot pattern.

HIGH KNEE RUN



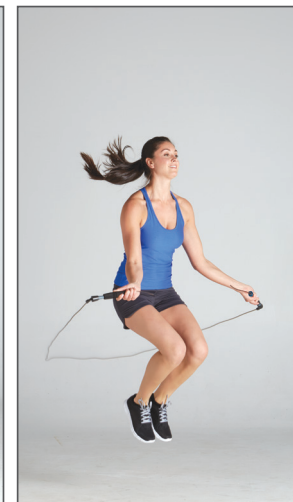
Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Bend one leg and lift foot while hopping on opposite foot allowing rope to pass underneath foot in a continuous alternating touch-hop-lift foot pattern.

CRISS-CROSS



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Hop with two feet and allow rope to pass underneath feet while crossing arms in a continuous touch-hop-cross pattern.

DOUBLE HIGH KNEE



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead. Hop with two feet while bending legs and lifting knees allowing rope to pass underneath feet in a continuous touch-hop-lift foot pattern.

ACTUAL PRODUCT MAY DIFFER SLIGHTLY FROM ONE SHOWN.



Home Gym Kit

Ab Wheel

EXERCISE INSTRUCTION

- Warm up for 3–5 minutes before each session.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.



HANDLE ASSEMBLY INSTRUCTIONS

Insert long tube in the center hole



Insert handles on each side



Push handles all the way in

OBLIQUE ROLL



START: Kneel on floor, grasp handles and straighten arms slightly in front of shoulders with wheel in front of knees.

FINISH: Slowly roll wheel forward and slightly off to one side of body, straighten and lower body toward floor while keeping feet and knees stationary. Slowly return to start position and repeat on other side.

PIKE ROLL



START: Lie face down on floor, grasp handles and straighten arms below and slightly in front of shoulders. Position balls of feet on floor hip-width apart and straighten body above floor.

FINISH: Slowly roll wheel backward and pull arms straight back toward legs while raising hips upward with legs straight. Slowly return to start position and repeat.

AB ROLL



START: Kneel on floor, grasp handles and straighten arms slightly in front of shoulders with wheel in front of knees.

FINISH: Slowly roll wheel forward and extend arms directly in front of body, straighten and lower body toward floor while keeping feet and knees stationary. Slowly return to start position and repeat.