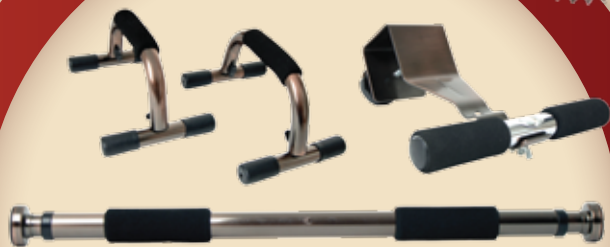


HINTS
& TIPS



TRAINING GUIDE

PUSH UP ■ SIT UP ■ CHIN UP SET

Heritage
GOLD'S GYM. 65

PUSH UP ■ SIT UP ■ CHIN UP SET TRAINING GUIDE

Heritage65
STRENGTH
PROGRAMME



HERITAGE STRENGTH PROGRAMME

Strength training is one of the best ways to reshape and sculpt your body. The Heritage Strength Programme allows you to achieve your muscular strength and endurance goals. Whether your goal is to gain muscle tone, sculpt, or simply get stronger, Heritage Strength is perfect for all fitness levels. If you have never done any strength training before you may want to start with no weight or a very light weight and increase your resistance as your strength increases over time. With a wide variety of fitness items throughout the Heritage and Gold's Gym Fitness Range, you will always find a product to match your fitness level.



WARMUP

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot. Try to include some similar movements that make up your workout and keep the intensity low to moderate without leaving you feeling fatigued. Before starting the main workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

- Ensure that you wear exercise footwear that gives good support and cushioning.
- Stop if you feel any pain or dizziness.
- Avoid locking or over extending knee and elbow joints.
- Keep breathing - don't hold your breath!
- Remember to work both sides of your body equally.
- Workout to the point of fatigue but not failure.
- Allow at least one day of rest between similar workouts.
- Rest for about 30 seconds between exercises depending on fitness level.
- Initially do 2 sets, increase to 3 or 4 as your fitness improves.

When doing repetitive resistance exercise make sure that you:

- Breathe out on the exertion portion of the movement.
- Perform each repetition in a slow and controlled manner.
- Take about 4 seconds to do one repetition i.e. take about 2 seconds to lift the weight and 2 seconds to lower it.
- Use a full range of motion but stay well within your joint's natural and comfortable range of movement.
- Work up to 10 - 20 repetitions before increasing the difficulty. You can make an exercise harder by adding more weight, moving more slowly or increasing the range of motion (note point above).



EXERCISE TIPS

- Always take care when picking weights up. Bend from the knees, keep your back straight and abdominal muscles tight.
- Start with one or two circuits of the following exercises in the order shown. Increase to three circuits as your fitness improves.
- If you do this programme more than twice a week, alternate between exercises A and B from one session to the next.

PUSH UP ■ SIT UP ■ CHIN UP

WARNING

ALWAYS CHECK WITH
YOUR DOCTOR BEFORE BEGINNING
ANY EXERCISE PROGRAMME:



CHIN UP BAR

01



ASSISTED PULL UP STARTING POSITION

Position yourself so that you pull straight up and down - not in an arch. Have a partner assist you or leave your toes resting on a bench. Grasp the bar with an overhand grip, slightly wider than your shoulders. Allow yourself to come all the way down into a dead-hang position so that your elbows are slightly bent, but not so you feel that your arms are being pulled out of their sockets. Execution: In a smooth motion, pull your body to the bar, trying to touch your chin to it. Pause slightly at the top and lower yourself under control.



02



WIDE GRIP PULL UP

Starting position: Grasp the bar with an overhand or underhand grip, much wider than shoulder width apart. Start from a dead hang. This is the way most people do pull ups. Execution: Pull your body to the bar, trying to touch your chin to it. Pause for a moment at the top and lower yourself under control. Training tip: Keep your back slightly arched as you pull to keep tension on the back muscles.



03



CLOSE GRIP PULL UP

Starting position: Grasp the bar with a close grip, about six inches apart. Start from a deadhang position. Execution: Pull your body to the bar, trying to touch your chin to your hands. Pause momentarily at the top and lower yourself under control. As you get stronger, try arching back and pulling your chest to the bar.

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CHIN UP BAR

INTRODUCTION

The Gold's Gym Heritage Chin Up Bar fits into your doorway and enables a good home workout. It can be fixed at the top of the door for chin ups. It features easy assembly and disassembly, the two caps provided can be screwed into the door frame. When you have finished your routine, twist the bar in opposite direction and it will retract, allowing you to remove the bar.

PRECAUTIONS

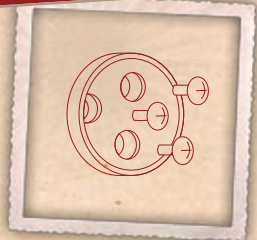
To reduce the risk of injury, read the following important precautions before using the Chin Up Bar.

1. Please take note of the instructions in this manual before use.
2. It is the responsibility of the owner to ensure that all users of the Chin Up Bar are adequately informed of all precautions. Use the Chin Up Bar only as described in this manual.
3. Fix the two brackets at a level height.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 years away from the Chin Up Bar.
6. The Chin Up Bar is recommended to be used by persons weighing up to 95kgs.
7. The Chin Up Bar has been tested and approved to EN957, -1 Class H.
8. The Chin Up Bar is for home use only and should not be used in a commercial, rental or institutional setting.
9. The Chin Up Bar is not designed for therapeutic use.
10. The push up bar is designed to fit within a door frame. Do not install the bar over a void, or similar.

FEATURES

- Adjustable telescopic design ensures an accurate fit
- Works in most doorways of your home
- Dimensions: collapsed 61cm (24"), extended 81cm (32")
- Comfortable foam grip helps prevent callouses

UPPER BRACKET INSTALLATION



1. Position the bracket against the door stop edge, 15cm (6") or more down from the top of the door frame.
2. Mark and drill 1/16" diameter holes at least 2" deep.
3. Install the bracket using all three screws provided. Do not substitute shorter screws. Screws should go in all the way.
4. Install the second bracket on the opposite side of the door frame at the same height as the first bracket. After the brackets are installed, extend the Chin Up Bar out to the width of your door frame and hook the flared tube ends into the brackets. Lock the Chin Up Bar into the brackets.

CAUTION: ALWAYS CHECK TO MAKE SURE THE BAR IS SECURELY LOCKED BEFORE USE
WARNING: YOU MUST TEST YOUR CHIN UP BAR INSTALLATION.
FAILURE TO INSTALL THIS CHIN UP BAR PROPERLY COULD RESULT IN SERIOUS INJURY.

TO CHECK THE INSTALLATION

After installing the brackets and locking the bar in place, stand on a chair, such as a dining chair, and place your hands around the bar. Pull down on the bar with increasing force until you are certain the bar is secure. Ensure that you keep your feet on the chair whilst doing this.

CAUTION: ONLY ONE PERSON AT A TIME SHOULD USE THE CHIN UP BAR. DO NOT ALLOW CHILDREN TO USE CHIN UP BAR UNSUPERVISED.



SIT UP BAR

INTRODUCTION

The Heritage Sit Up Bar fits into your doorway and enables a good home workout. It features easy assembly and disassembly with a comfortable foam foot rest. This bar can also be used for your warm-up routine before commencing your full workout.

PRECAUTIONS

To reduce the risk of injury, read the following important precautions before using the Sit Up Bar.

1. Please take note of the instructions in this manual before use.
2. It is the responsibility of the owner to ensure that all users of the Sit Up Bar are adequately informed of all precautions. Use the Sit Up Bar only as described in this manual.
3. Tighten the lock knob when using the Sit Up Bar.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 years away from the Sit Up Bar.
6. The Sit Up Bar is recommended to be used by persons weighing up to 110kgs.
7. The Sit Up Bar has been tested and approved to EN957, -1
8. The Sit Up Bar is for home use only and should not be used in a commercial, rental or institutional setting.
9. The Sit Up Bar is not designed for therapeutic use.



SIT UP BAR INSTALLATION

Select a door to use for the Sit Up Bar. The thickness of the door should be between 20-40mm. Slide the bar to the bottom of the door so it is roughly central, then tighten the lock knob of the bar.



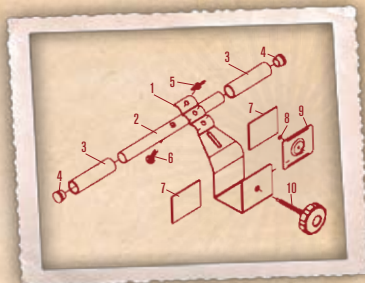
THE SIT UP



SIT UP IN THE CRUNCH POSITION

EXPLODED VIEW & PARTS LIST

- | | |
|-------------------|------------------|
| 1. Support plate | 6. Carriage bolt |
| 2. Foot rest tube | 7. Rubber plate |
| 3. Foam grip | 8. C clasp |
| 4. Round end cap | 9. Clamp plate |
| 5. Secure nut | 10. Lock knob |



Use the bar to do sit ups. Lie on your back on the floor facing the doorway and place your feet under the foot rest. Then you can commence your workout. Placing a mat under your body can make you more comfortable during exercise.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAMME, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT IF YOU HAVE PRE-EXISTING HEALTH PROBLEMS OR ARE NEW TO EXERCISE. READ ALL INSTRUCTIONS BEFORE USING. GOLD'S GYM ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR DAMAGE SUSTAINED TO PROPERTY BY OR THROUGH USE OF THIS PRODUCT.



PUSH UP STANDS

INTRODUCTION

The Heritage Push Up Stands are an essential part of your home workout equipment. They are easily assembled and have comfortable foam grip handles. They can also be used for warm-up routines as well as part of your main workout. "Push ups" are a strengthening exercise whose purpose is to develop strength in the upper arm and shoulder muscles. Start the exercise by lying face down on the floor with your feet about shoulders' distance apart and on your toes. Place your hands just in front of and slightly to the outside of your shoulders. Keeping your back straight, "push up" with your arms to the raised or up position. Maintaining control, lower yourself to within a fists height of the floor - do not touch the floor; return to the up position. Do not arch your back and hold your head in the line with your spine, lower your body evenly and wait for a few seconds before returning to the starting position. Do not hurry to finish off and do as many repetitions as you can. The push up can be carried out in various levels of difficulty, it is advisable to start at the beginners level working your way up unless you are at a competent level of fitness.



PUSH UP IN THE START POSITION



PUSH UP WHEN LOWERED

BEGINNERS LEVEL PUSH UP

Place yourself on your hands and knees. Keep your spine straight and keep your head down in line with your spine. Grasp the Push Up Stands keeping your hands underneath and in line with your shoulders. Extend your arms in a push up motion to raise yourself up. Lower yourself back down by bending at the elbows, aiming to make a right angle with your arms. Keep your back straight and try to avoid arching your spine. Keep the movements smooth, do not jerk your arms and aim to do one push up every 2 seconds.

INTERMEDIATE LEVEL PUSH UP

Place yourself on your hands and knees, but this time cross your feet at the ankles. Keep your spine straight and keep your head down in line with your spine. Grasp the Push Up Stands keeping your hands underneath and in line with your shoulders. Extend your arms in a push up motion to raise yourself up. Lower yourself back down by bending at the elbows, aiming to make a right angle with your arms. Keep your back straight and try to avoid arching your spine. Keep the movements smooth, do not jerk your arms and aim to do one push up every 2 seconds.

BEGINNER LEVEL TRICEP DIP

Sit on the floor and place the Push Up Stands just outside either side of your thighs. Grasping the Push Up Stands raise yourself off the floor. Keep your feet on the floor, your elbows pointing backwards, and your knees slightly bent. Keep your shoulders back and down - try to avoid rounding your back, which will cause strain. Lower yourself back towards the floor, until your elbows are nearly at right angles, then press yourself back up.

ADVANCED LEVEL PUSH UP

Place yourself face down on the floor with your legs fully extended. With your toes touching the floor, grasp the Push Up Stands keeping your hands underneath and in line with your shoulders. Keeping your back straight, your head down and in line with your spine, extend your arms. Lower yourself back down by bending at the elbows, aiming to make a right angle with your arms. Keep your back straight and try to avoid arching your spine. Keep the movements smooth, do not jerk your arms and aim to do one push up every two seconds.

ADVANCED LEVEL TRICEP DIP

Sit on the floor and place the Push Up Stands either side of your thighs about 6-8" away from the outside of your thighs. Grasping the Push Up Stands raise yourself off the floor. Keep your feet on the floor, your elbows pointing backwards, and your knees slightly bent. Keep your shoulders back and down - try to avoid rounding your back, which will cause strain. Lower yourself back towards the floor, until your elbows are at right angles, then press yourself back up.