

# Go-Arm™ Basics



**Go-Arm™** is a versatile, portable **arm and shoulder exerciser** for progressively improving mobility, strength, and posture.

Fig.1

**Go-Arm** stands out for its unique audible feedback mechanism, known as “**The Click.**” (Fig.2)

Whenever Go-Arm reaches the **High Point** (Fig.3), of any exercise, gravity causes the Weight to strike a Push Button, resulting in “**The Click**”. This instant feedback not only confirms proper execution of the movement; it also motivates users to complete the target number of repetitions.



Fig.2

Each exercise has a **High Point**, Fig 3., where Go-Arm clicks to signal **STRICT** completion of the upward movement. When instructed, continue past the Click to perform **FULL** movement.

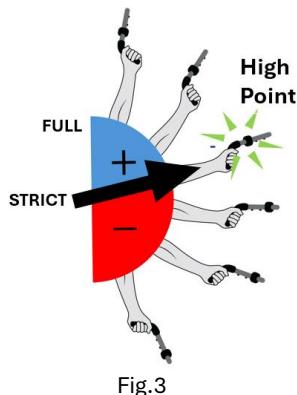


Fig.3

Each exercise uses one of the three **Grips** shown in Fig.4. Exercises on the chart specify which grip to use. Exercise both arms at the same time for best results.

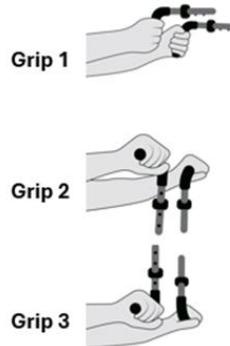


Fig.4

## Progressively Increasing Resistance

1. **Add a weight**, (Fig.5 – by depressing the Push Button and sliding a Weight off/on), or
2. **Add a resistance band** by tying an exercise tube around the strap cord, or (Fig. 6 – by wrapping one end on the Grip and standing on the other end or fastening it to an immovable object).

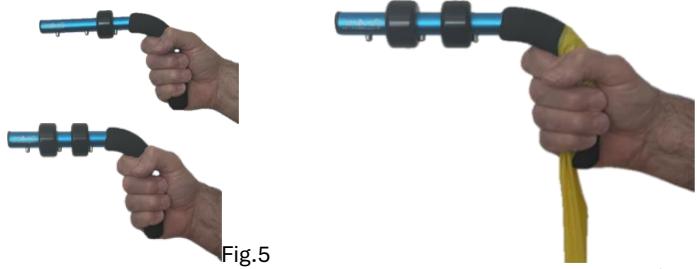
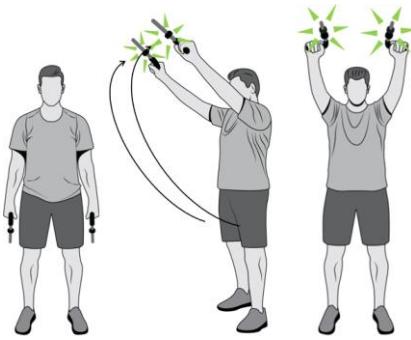
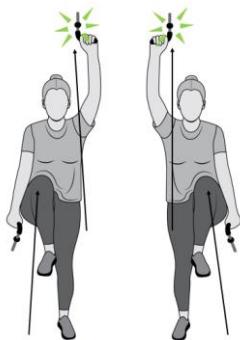


Fig.6

## **GENERAL EXERCISE INSTRUCTIONS:**

Stand (or sit) straight, with shoulders back and head high. Lean against a wall if needed. Whenever possible, exercise both arms at the same time for best results. During *upward* movement, keep elbows and wrists straight (unless otherwise noted), tuck your chin, squeeze your shoulder blades together, and optionally, shrug at the top of the movement.

# The Go-Arm Mid-day Recharge Program

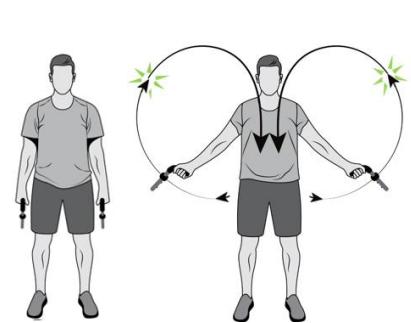
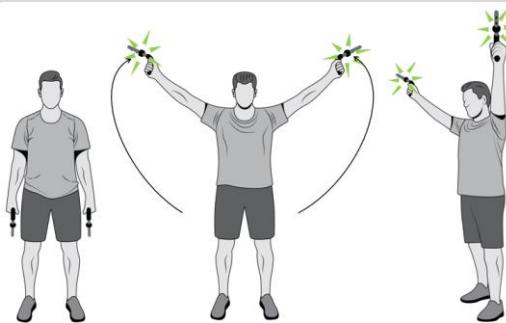


## WARMUP: Marching Raises

Using Grip 1, raise one arm forward and high overhead past the click, while simultaneously raising the opposite knee high.

Return to the starting position and repeat to the opposite side. Perform 1 set of 5 in **FULL** form.

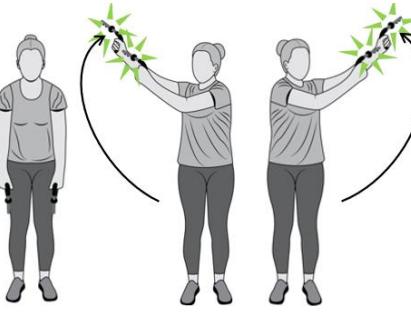
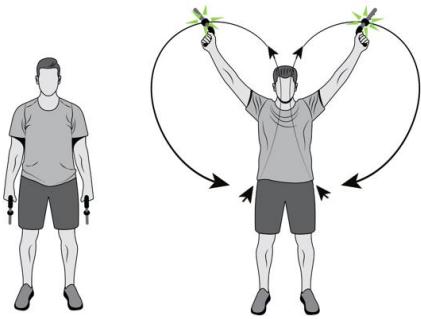
Band users: Secure band low and behind you.



## 2. 3/4 Raise (Shoulder Scaption)

Using Grip 1, with arms at your sides, raise your arms midway to the side and overhead until you hear a click. Lower to start and repeat. Perform 1 set of 3 in **STRICT** form and 1 of 5 in **FULL** form.

Band users: Stand on the band or tube.



## 4. Big Front Circles

Using Grip 1, with arms at your sides, raise your arms forward and overhead until you hear the click. Complete the circle in a wide sideways arc and repeat. Perform 1 set of 3 in **STRICT** form and 1 of 5 in **FULL** form. Band users: Stand on the band or tube.

## 1. Front Raise (Shoulder Flexion)

Using Grip 1, with arms at your sides, raise your arms forward and overhead until you hear the click.

Lower to start and repeat. Perform 1 set of 3 in **STRICT** form and 1 of 5 in **FULL** form.

Band users: Stand on the band or tube.

## 3. Big Side Circles

Using Grip 1, with arms at your sides, raise your arms in a wide sideways arc and overhead until you hear the click. Complete the circle with arms forward and repeat. Perform 1 set of 3 in **STRICT** form and 1 of 5 in **FULL** form.

Band users: Stand on the band or tube.

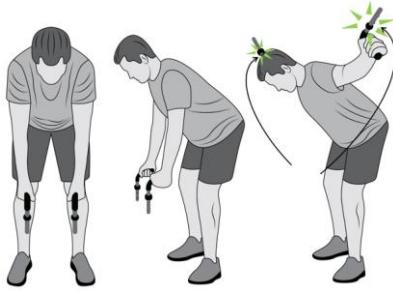
## 5. Shoulder Side Swings

Using Grip 1, with arms at your sides, raise both arms to the same side until you hear the click. *\*Keep head and torso rotation to a minimum.*

Lower to start, repeat to the opposite side, then repeat.

Perform 1 set of 3 in **STRICT** form and 1 of 5 in **FULL** form.

Band users: Stand on the band or tube.

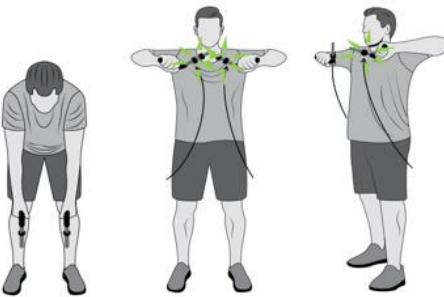


## 6. Bent Over Lateral Raise

Using Grip 1, keeping your arms straight, raise your arms up to the side until you hear the click.

Lower to start and repeat. Perform 1 set of 3 in STRICT form and 1 of 5 in FULL form.

Band users: Stand on the band or tube.



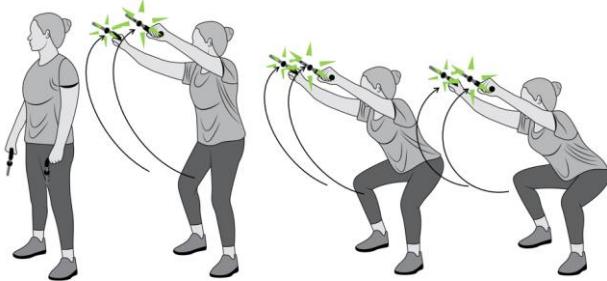
## 7. Full-body Row

Using Grip 1, do a partial squat, then as you stand up, raise your elbows high and to the side as you pull your hands just below shoulder height and hear the click. \*Do not raise your hands higher than your elbows.

Lower to start and repeat.

Perform 1 set of 3 in STRICT form and 1 of 5 in FULL form.

Band users: Stand on the band or tube.

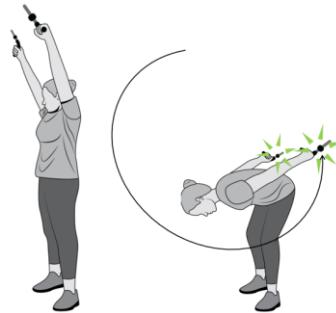


## 8. Squats

Holding Go-Arm in Grip 1, bend at the knees and slowly drop as low as you can comfortably go while raising your arms directly in front of you. \*Place a chair or stool behind yourself as a target or for support as needed.

Return to start and repeat. Perform 1 set of 3 in STRICT form and 1 of 5 in FULL form.

Band users: Stand on band or secure it low and behind you.



## COOLDOWN: Big Swing Throughs

Using Grip 1, raise your arms forward and high overhead past the click. Lower back down past the starting position and into a full bow, bending deep at the waist and partially squatting while extending arms behind until the click.

Return to the starting position and repeat. Perform 1 set of 3 in STRICT form and 1 of 5 in FULL form.

Band users: Stand on the band or tube.