

GLUTE BLASTER INSTRUCTIONS

LENGTH-ADJUSTABLE RING CONNECTION:

- Determine which length-adjustable ring connection is appropriate for your height, then securely attach **both carabiners of one tube to one ring** on the belt attachment. Repeat with other tube and belt attachment then follow “Belt Attachment” directions.

*To help determine which connection is appropriate for your height— the **Top** ring by the GoFit logo is for shorter heights and the **Bottom** ring is for taller heights.*

Everyone is built different, so the fit should be comfortable to you.



BELT ATTACHMENT:

1. Pull belt through the buckle so the Glute Blaster logo is facing out.
2. Tighten belt until it is comfortable around your waist or hips, then fasten Velcro. Be sure that the buckle is resting on either side of your hip, and not directly on it.
3. Positioning—Slide the tubes so the GoFit belt attachments are in line with the middle of each glute.
4. Kneeling down, firmly pull the foot strap at the base of tube towards the corresponding foot. Place the foot strap (padded side up) under the arch of your foot. Step securely on the foot strap and fasten Velcro on the top of your foot with GoFit logo facing up. Carefully switch legs and attach the other foot strap.

