

The Go Fit aims to provide efficiency
and result through design and
carefully selected exercises.
Come and get fit with
Go Fit !



ALEXANDAVE INDUSTRIES CO., LTD.

+ 9F-1, No. 203, Gongyuan Road Linkou District 244, New Taipei City, Taiwan
+ TEL: +886-2-2600-2671 | FAX: +886-2-2600-2670 / 2600-2662
+ E-mail: alex1168@alexandave.com | website: www.alexandave.com



The **Go Fit** training station is a multi-function
training equipment Fit for female users.

It features 9
workout stations to
build strength, endurance,
and sculpt the body around a
relatively compact 4 foot by 4 foot
frame. The Go Fit focuses on the core
and the lower body with 6 out of 9 stations
training these areas to increase metabolism and
maximize fat loss. The entire Go Fit training station is
designed to be an efficient workout routine, beginning with
warmup routines such as stretch bar and stepper to more strenuous
exercises. The stations are set up in an alternating fashion so that no
consecutive stations works on the same area, thus giving different muscle
groups time to rest. An effective whole body workout session can be completed
in 30 minutes, ideal for today's busy individuals with hectic schedules. Let's experience
the Go Fit training station with a closer look.





1

Rope Climb

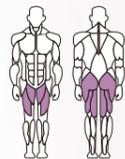
Rope climb simulation trains The back and rear deltoids to Achieve good posture



2

Torso Elastic Band

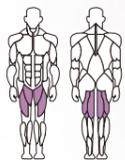
The elastic resistance is ideal for Trunk rotation to strengthen the Core and attain trim waistline



3

Stepper

Perfect for aerobics and Anaerobic exercises to burn Fat and build power.



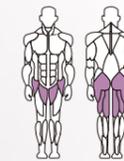
4

Leg Extension / Curl

Target and isolate specific areas of the legs for purposeful gains.



9



Hip Shaper

Perform adduction and abduction exercises as well as rear leg raise to perform legs and glute sculpting



8



Adjustable Bar

Stretch your muscles or perform light pushup, chin up with the adjustable bar



7

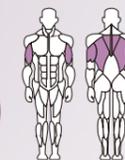


Captains Chair

Sculpt your mid-section through core isolation exercise such as front and lateral leg raise/knee-ups



5

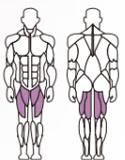


Pulley

Versatile free-range Resistance sculpts the Arm, shoulder, and back with free weight



6



Leg Elastic Band

Train muscle control and speed with elastic resistance

