

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.

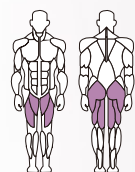




2

Torso Elastic Band

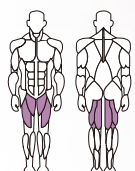
The elastic resistance is ideal for Trunk rotation to strengthen the Core and attain trim waistline



3

Stepper

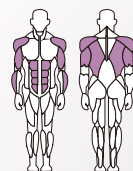
Perfect for aerobics and Anaerobic exercises to burn Fat and build power.



4

Leg Extension / Curl

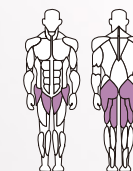
Target and isolate specific areas of the legs for purposeful gains.



1

Rope Climb

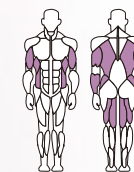
Rope climb simulation trains The back and rear deltoids to Achieve good posture



9

Hip Shaper

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



8

Adjustable Bar

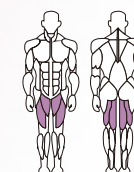
Stretch your muscles or perform light pushup, chin up with the adjustable bar



7

Captains Chair

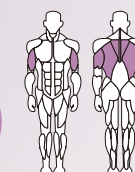
Sculpt your mid-section through core isolation exercise such as front and lateral leg raise/knee-ups



6

Leg Elastic Band

Train muscle control and speed with elastic resistance



5

Pulley

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

