

G-GH-1247

Main Frame Dimension
130(L)*130(W)*250(H)



Training Video: http://youtu.be/s_y_4EaRGKw



Training Video
QR Code

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alexia
AGE WELL

G-GH-1247

GO HEALTH



alexia
AGE WELL



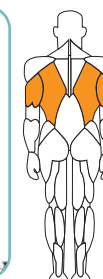
HEALTH IS THE KEY TO FREEDOM & HAPPINESS

The Go Health is a multi-disciplinary exercise platform designed with seniors in mind. It allows 8 individuals to perform stretching, resistance, and cardiopulmonary exercise simultaneously in a compact size. The Go Health exercise platform also promotes the concept of healthy community by its size and layout to encourage social interactions between the users, thereby making exercising an enjoyable experience.

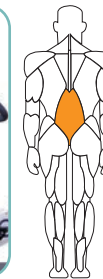
Muscle



Upper body exercise



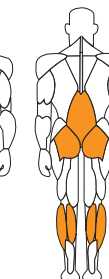
Core exercise



Balance / Agility



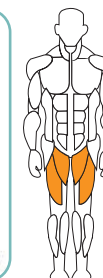
Core, lower body, and reactionary exercise



Cardiopulmonary



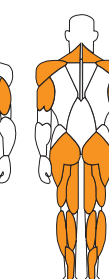
Cardiopulmonary exercise



Massage / Stretch



Upper limb and back exercise with massage



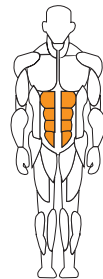
INJURY
PREVENTION

LOSE **FAT**

PREVENT
ADHESION



Lower body resistance exercise



Core exercise

DAILY LIVING
INDEPENDENCE

LESS **PAIN**



Upper body and reactionary exercise

MORE
ENERGY

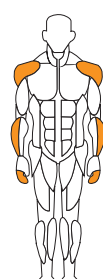
STAND ON
YOUR OWN



Lower body conditioning and cardiopulmonary exercise

PLAY WITH
GRAND KIDS

INCREASE
FLEXIBILITY



Shoulder flexibility exercise