

AT-HOME FITNESS

Lower body tube trainer—two resistance-range options

GoFit Resist-a-cuff GF-CUFF

The GoFit Resist-a-cuffs are an ideal, portable solution to lower body strength training and rehabilitation exercise. Offered in light-to-medium or medium-to-heavy resistance ranges, they develop lower body muscle tone and strength, as well as speed and agility. The fully-adjustable cuffs have soft inside padding, with a durable, webbing exterior, and Velcro closure for an exact fit.

- **Strength, tone and rehabilitation**
- **Superior, latex rubber tubing**
- **Two resistance options available**
- **Cuffs have soft, padded interior**
- **Fully adjustable Velcro closures**
- **Heavy duty webbing**
- **Packaging dimensions:
5.5" x 9" x 2.5"
(14cm x 22.9cm x 6.4cm)**



*Light-to-medium
resistance range*



*Medium-to-heavy
resistance range*



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