## **RECOVERY IS KEY**

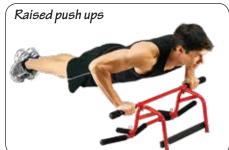
## **GoFit Elevated Chin Up Station** GF-ECS

The GoFit Elevated Chin Up Station takes chin ups to a new level—literally. Designed to mount in a standard doorway with no tools, GoFit's patented design raises the chin up bar up and out for greater motion and user flexibility. There are several hand grip positions to work a variety of muscles. Also, when dismounted, this multi-use "station" can be used for sit ups, raised push ups and dips. GoFit's Elevated Chin Up Station really raises the bar on effcient and effective home fitness training. **Train. Recover. Repeat. GoFit.** 

- Strong, tubular steel construction
- · Mounts instantly in doorway with no screws or tools
- Foam door frame padding
- Laminated flip book training manual included
- Sure-grip foam handles

Mounts instantly in doorway with no tools







TRAINING MANUAL

Eye-bolts allow for abstrap abdominal lifts



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