

# 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 dismantled, 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 efficient 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



Eye-bolts allow for abstrap abdominal lifts



Raised push ups



Dips



Sit ups



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