

AT-HOME FITNESS

3 resistance levels for rehab, warm-up and training

GoFit Power Flat Band - GF-FBAND

The GoFit Power Flat Bands and Latex-Free Flat Bands are a great total body workout tool that is easy to pack and store. Also great for upper-body training and physical therapy.

- **Excellent for targeting the lower body, including thighs, glutes, hips and calves**
- **3 Latex Flat Bands (Red - Light, Blue - Medium, Green - Heavy) & Training Manual**



Training manual included



GPI SPORTS & FITNESS
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