

AT-HOME FITNESS

Train anywhere, anytime with complete home gym in a bag

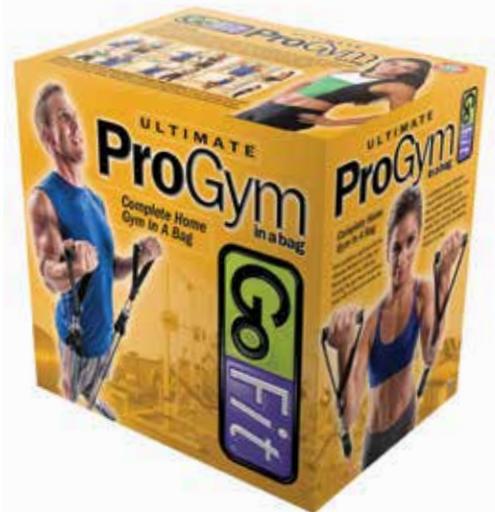
GoFit Ultimate ProGym - GF-PGYM-DVD

Train anywhere, anytime with the Ultimate ProGym in a bag, and Brook Benten's fun, effective training. You get seven resistance levels with all the accessories for a total-body workout that gets results. Whatever your fitness level, this complete home gym can develop tone, strength and lift your vitality. Train. Recover. Repeat. GoFit.

- **Train Anywhere, Anytime**
- **Challenging for advanced athletes and great for beginners**
- **Brook Benten Training DVD and Training Manual**
- **3 resistance tubs—20lbs (9kg), 30lbs (13.6kg), 40lbs (18.1kg) - provides 7 resistance levels**
- **2 Handles with carabiner connections**
- **2 Ankle Cuffs**
- **1 Door Anchor**
- **Carry Bag**



Scenes from the all-new Brook Benten Training DVD



GPI SPORTS & FITNESS
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