## AT-HOME FITNESS

## Power your way to stronger legs, hips and glutes

## **GoFit Power Loops** - GF-PLP

Simple Solutions: GoFit Power Loops along with Brook Benten's workout is a simple yet powerful combination to achieve stronger, leaner, and more athletic hips, legs and glutes. By training and conditioning your lower pillar of strength, you will look better and perform better for an active lifestyle. · 3 color-coded resistance levels Superior, durable latex loops · Ideal for lower-body strength training, toning, rehab and warm-up Compact and portable Laminated Training Manual included Die-cut, translucent product-reveal window **GPI** SPORTS & FITNESS www.gpisports.com.au