

# AT-HOME FITNESS

## Single Flat Band

GF-SFB-L, SFB-M, SFB-H

- Latex-free resistance bands available in 3 levels of resistance: Light, Medium and Heavy
- Effective for muscle toning, rehab and stretching
- Downloadable exercises at [gofit.net](http://gofit.net)
- Flat size of each band: 6' (182.9cm) x 6" (15.2cm)



3 resistance levels available  
sold separately



GF-SFB-L



GF-SFB-M



GF-SFB-H

Pegged retail with  
die-cut window  
and translucent  
product-reveal:  
2.5" x 7" x 1"  
(6.4cm x 17.8cm  
x 2.5cm)



**GPI** SPORTS & FITNESS  
[www.gpisports.com.au](http://www.gpisports.com.au)