

AT-HOME FITNESS

Go Slides - GF-SLDR

- Use anywhere to build core strength and increase flexibility
- Low-friction, non-marking material slides smoothly on soft surfaces
- Includes slider booties for hard surfaces
- Large surface area makes them easy to use and maneuver
- Firm, foam grip pattern provides traction for hands and feet
- Ergonomic shape is ideal for multi-directional movement
- Includes 2 Go Slides, mesh carry bag, slider booties and training manual
- Each unit measures: 10.5" x 7.5"

Pegged retail package:
8" x 12.5" x 2"



Bottom side:
Low-friction
hard urethane

Top side:
Firm, foam grip relief
pattern gives traction
for hands and feet

Mesh carry bag

Booties slide
easily on hard
surfaces



GPI SPORTS & FITNESS
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