

AT-HOME FITNESS

GoFit Adjustable-Length Speed Rope - GF-SR

Get intense cardio training while carving muscle definition with GoFit's Adjustable length Speed Rope. Smooth, ball bearing action and solid PVC rope mean faster rotation for a non-stop fat-burning workout. Foam sure-grip handles provide comfort and control. This is a great tool to elevate MMA training, cross training or improve overall fitness results. **Train. Recover. Repeat. GoFit.**

- **Smooth, ball bearing action**
- **Foam sure-grip handles**
- **Ergonomic design**
- **Solid PVC rope**
- **Adjustable-length, 9' (2.74m) Rope**

Pegged retail with heavy backer card



Smooth and fast, ball bearing spinning action



Foam sure-grip handles for control and comfort



Adjustable-length 9' PVC rope



GPI SPORTS & FITNESS
www.gpisports.com.au