



**Product
Catalog**

2017



FOUNDED IN 1999, GOFIT HAS BECOME THE LEADER IN AT-HOME FITNESS SOLUTIONS by developing innovative, forward thinking products that are combined with world class educational content.

At GoFit we believe “knowledge is power” so we have assembled an impressive and respected group of professional fitness and nutritional experts to enhance the training experience. Our product content both, digital and print, will empower and inspire your customers.

The GoFit family of products in our trademark “GoFit Yellow” packaging are sold worldwide, online, and in thousands of stores throughout the United States. We have helped millions feel better, lead healthier and more productive lives. Let GoFit put the power of “Yellow” into creating happier, healthier customers for you.



Table of Contents

3 New From GoFit!

Polar Roller
Polar Foot Roller
Polar Bar Massage Roller
Muscle Hook
Pivoting Push Up Pods
Go Slides
Go Power Ab Wheel
GoRope—2mm & 4mm
Pro Power Loops
Glute Blaster
Resist-a-Bar
Mega ProGym
Go Barre
Guide Mat
Guide Roller
Pro Deep Tissue Massage Roller
Go Grip
Corset Waist Trainer
Scales

14 Muscle Pain Management

Go Roller—13" & 18"
Go Roller—Massage Kit
Extreme Go Roller—13"
Roll-On Massager
Foot & Hand Massage Roller
Massage Bar
Extreme Massage Bar
Massage Ball—5"
GoBall
Trigger Ballx2
Stretch Rope
Pro Foam Roll—24"
Foam Roller—18", 24" & 36"
Pink Ribbon Program—Foam Roller

21 Rubber Resistance Training System

Modular Display
Training System Accessories
Super Bands
Power Tubes

24 Resistance Tubes & Bands

Ultimate ProGym
ProGym Extreme
Power Tubes
Power Loops
Resist-a-Cuffs
Single Latex-Free Flat Bands
Flat Bands
Latex-Free Flat Bands

27 High Intensity Training Tools

Go Timer
Combat Rope
Pro Cable Rope
Medicine Ball
Extreme Ab Wheel
Extreme Sand Bag
Plyobox

30 Contour Kettlebells

31 Kettlebells

32 Training Media

Kettlebell Butts & Guts DVD
Cardio Pump—Fusion DVD
Kettlebody by Brook DVD

33 Stability Ball

Standard Stability Ball
ProBall Stability Ball

35 Balance & Core Stability

Fitness Hoop
Core Ab Ball
Core Disk
Wood Wobble Board

37 Body Weight Training

Chin Up Bar
Elevated Chin Up Station
Gravity Straps
Gravity Bar

39 Weighted Resistance

Pro Weighted Vest
Weighted Vests
Weighted Aerobic Gloves
Padded Pro Ankle Weights
Ankle Weights

42 Sports Performance

Agility Ladder
Power Chute
Power Sled

43 Gloves

Cross Training Gloves
Wrist Wrap Training Gloves
Pro Trainer Gloves

46 GoFit Yoga

Yoga Accessories
Yoga Kit
Summit Mat
Yoga Mat
Double-Thick Yoga Mat
Designer Yoga Mats

49 Mats

Fit Mat
Pilates Mat
Ribbed Core Mat
Aerobic Mat

51 Jump Ropes

54 Thermal Wear

Waist Trimmers
Sweat Suits

56 Hand Grips

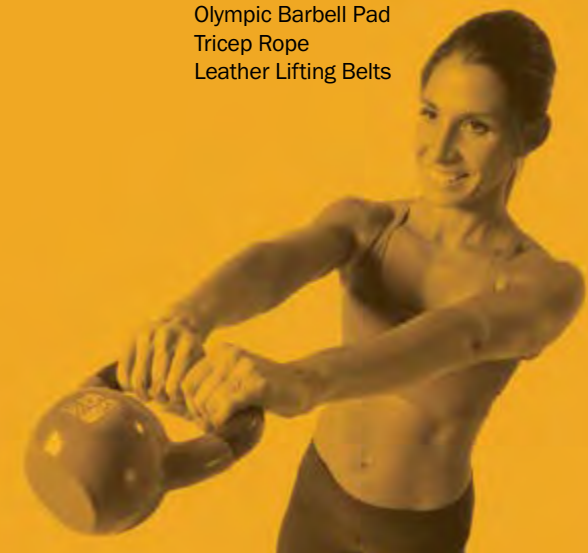
Gel Hand Grip
Hand Grip Putty
Hand Grips
Adjustable Hand Grips

57 Traditional Fitness Accessories

Ab Wheel
Wrist & Forearm Blaster
Push-Up Bars

58 Weightlifting Accessories

Cotton Wrist Straps
Elastic Wrist Straps
Lifting Hooks
Olympic Barbell Pad
Tricep Rope
Leather Lifting Belts



New From GoFit!

New From GoFit



No more ice packs or frozen water bottles! Introducing the NEW GoFit Cold Therapy Massage line—engineered to reduce swelling and inflammation post exercise and athletic events. Each unique, ergonomically designed Cold Therapy tool is made with stainless steel rollers that contain an inner liquid that stays ice cold for an extended amount of time for active, cold-therapy relief with the added benefit of clean, no mess, smooth-rolling, targeted massage relief.

- Smooth Stainless Steel Rollers
- Ergonomic Handle and Roller Designs
- Inner liquid that stays ice cold.
- Targeted cold-rolling massage relief.
- Reduces swelling and inflammation, helping sore muscles feel better.
- Highly Portable
- No wet, melting mess.
- Place rollers in freezer between uses.



Polar Roller

Cryo therapy has been long used to reduce swelling and inflammation post exercise and athletic events. GoFit's faster and more effective way to roll-out cold therapy fits right in the palm of your hand. Grip the Polar Roller handle comfortably with either hand, while the stainless roller ball stays ice cold. Rolling out swollen, sore muscles is a breeze.

Place the detachable roller ball in the freezer between uses. The unique inner liquid stays cold for an extended time, offering active, cold-therapy relief, with no wet mess or cold hands.

- Stainless Roller Ball stays ice cold.
- Comfortable, ergonomic, soft rubber handle.
- Smooth rolling action.
- Ice-pack-type therapy, plus massaging relief.
- Durable TPE and stainless components.
- Highly Portable
- No wet, melting mess.
- Patent Pending

Includes: Polar Roller & Owner's Manual

Model Number: GF-CROL
Master Pack: 4
UPC: 687339457509
Dims: 8.5 x 4 x 2.75 / Peg



New From GoFit!

New From GoFit

Polar Foot Roller

GoFit's cryo therapy treatment is now offered as an ergonomic foot-massage roller—the Polar Foot Roller—providing ideal relief for plantar fasciitis. Frozen water bottles have long been used to reduce swelling and inflammation and ease the pain of plantar fasciitis. GoFit's Polar Foot Roller offers a cleaner, faster and more effective solution for rolling-out this cold therapy.

Place the GoFit Polar Foot Roller into the freezer between uses. The unique inner liquid stays cold for an extended time for active, cold-therapy relief with no wet ice-pack mess.

- Effective relief for plantar fasciitis.
- Stainless roller surface stays cold.
- Ice-pack-type therapy, plus massaging relief.
- Durable, smooth-rolling urethane wheels.
- Highly Portable
- No wet, melting mess.
- 6.5" x 2.75"
- Patent Pending

Includes: Polar Foot Roller & Owner's Manual

Model Number: GF-POLFR
Master Pack: 4
UPC: 687339457608
Dims: 10 x 3 x 3 / Peg - Shelf



Polar Bar Massage Roller

Ice packs and compression have long been used to reduce swelling and inflammation, helping sore muscles feel better. The GoFit Polar Bar, rolls out targeted cold, cryo therapy more efficiently than ice packs, with the added benefit of clean, no mess, smooth-rolling massage relief.

Place the GoFit Polar Foot Roller into the freezer between uses. The unique inner liquid stays ice cold for an extended time for active, cold-therapy relief with no wet ice-pack mess.

- Targeted cold rolling massage therapy.
- Effective relief for sore muscles.
- Ergonomic roller stays ice cold for an extended time.
- Durable, smooth, rolling-pin action.
- Stainless Steel cylinder: 8" x 1.75" dia.
- Highly Portable
- Cold therapy with no wet mess.
- Patent Pending

Includes:
Polar Bar Massage Roller
& Owner's Manual

Model Number: GF-PLBAR
Master Pack: 4
UPC: 687339457707
Dims: 17.75 x 2.25 x 2.25 / Peg



New From GoFit!

New From GoFit

Muscle Hook

GoFit's Muscle Hook lets you target sore trigger points for massage. Rounded knobs simulate the action of a massage therapist's thumbs. The unique hooked configuration allows you to reach tight muscles over the entire body. With special hand grips, the Muscle Hook also provides the leverage needed for proper massage pressure.

- Target trigger points for massage.
- Unique hooked configuration.
- Unique design provides leverage for massage pressure.
- Ultra durable, heavy duty one-piece urethane.
- Strategically-placed hand grips.
- Unit dimensions: 14" x 23"

Includes: Muscle Hook & Training Manual

Model Number: **GF-HKR**
UPC: 687339100405

Ergonomic, curved shape with cylindrical structure.

Ridged handle and finger grip area.

Rounded knobs simulate action of massage therapist's thumbs.

NEW ITEM



Pivoting Push Up Pods

Push ups just got more intense. GoFit's Pivoting Push Up Pods are the ideal addition to any home gym or workout routine on the go. They offer an unstable, rotating base for push up exercises. This means increased challenge, more muscle groups in play, and greater gains. Lightweight, yet heavy duty, the Pivoting Push Up Pods disassemble and snap together into one compact "kit." It's the ultra-portable, push up intensifier.

- Challenging push ups for greater gains.
- Pivoting feature allows for variety of exercise options.
- Heavy duty plastic construction.
- Rubberized, gripping texture on unit bases.
- Rubberized, handle texture.
- Compact "Kit" unit size: 7.75" dia. x 4"

Includes: Pivoting Push Up Pods & Owner's Manual

Model Number: **GF-RPP**
UPC: 687339202017

NEW ITEM

Parts snap together into one compact "kit".

New From GoFit!

New From GoFit

Go Slides

Adding unstable Go Sliders to your workout, challenges your balance and your body's ability to sense its position. By doing this, you develop better stability, your arms and legs learn to work more efficiently together, and your level of muscular endurance can increase. Go Slides are designed with a low-friction, non-marking, material to slide smoothly on virtually any surface. The firm, foam grip pattern on the top side, means ideal traction for hands and feet. This combines for a flowing, controlled range of motion.

- Use anywhere to build core strength and increase flexibility.
- Slides smoothly on virtually any surface.
- Large surface area is easier to use and maneuver
- Firm, foam grip pattern provides traction for hands and feet
- Ergonomic shape is ideal for multi-directional movement
- Each unit measures: 10.5" x 7.5"

Includes: 2 Go Slides, Carry bag, & Training Manual

Model Number: **GF-SLDR**
UPC: 687339100306

Top Side: Firm, foam grip pattern gives traction for hands and feet.

Bottom Side: Low-friction hard urethane.

NEW ITEM

Go Power Ab Wheel

The ab wheel has proven to be an effective exercise tool to develop upper and lower abdominal muscles. Now, it just got upgraded. Not only is the GoFit Go Power Ab Wheel compact, lightweight and easy to use, its premium features simply make it perform better than entry-level ab wheels. And upgraded performance means enhanced and faster results.

- Develop more defined and toned ab muscles.
- Targets both upper and lower abdominals.
- Dual Wheels with wide treads and "grippy" traction surface.
- Non-slip ergonomic, soft rubber handle grips.
- Heavy duty, clear urethane wheel hubs.
- Unit dimensions: Dia. 7" Total width 13"

Includes: Go Power Ab Wheel & Training Manual

Model Number: **GF-DDW**
UPC: 687339202024

NEW ITEM

Wide treads and superior, "grippy" traction surface for better results.

New From GoFit!

New From GoFit

GoRope - 2mm - 4mm

GoFit's Go Rope is a high-performance speed rope, built to handle the intense demands of High Intensity Training. It features precision, smooth-action ball bearings and ergonomic hand grips. The specially-designed connector swivel includes a spring-loaded carabiner for quick and easy jump rope adjustment. Our poly-coated steel cable ropes are fully length-adjustable with unique set-screw connectors. The ergonomic handles are durable and lightweight with TPE overmolding for a no-slip, soft grip.

- Ultra-smooth, ball bearing spinning action.
- Streamlined, ergonomic soft-grip handles.
- Poly-coated steel cable jump rope.



Master Pack: 6
Dims: 7 X 10 X 1 / Peg
Model Number: **GF-EJR-2**
UPC: 687339200822



Model Number: **GF-EJR-4**
UPC: 687339200853



Spring-loaded, stainless steel carabiner connector.



Pro Power Loops

The GoFit Pro Power Loops are longer, wider and stronger to offer more resistance for greater gains. These versatile, strength-training resistance loops are an ultra portable solution to build lower body performance, endurance and strength. With three levels of resistance, the GoFit Pro Power Loops are the perfect way to take your workout anywhere and see real results.

- Set of 3 resistance levels — light, medium, heavy.
- Durable Latex Loops
- Large Loop—flat size: 12" x 3"

Includes: 3 Pro Power Loops (Gold - Light, Purple - Medium, Green - Heavy) & Training Manual

Model Number: **GF-2XPL**
Master Pack: 6
UPC: 687339240156
Dims: 8.75 x 1.25 x 5.75 / Peg



Wider. Longer. Stronger.
Pro Power Loop Dimensions: 3" wide by 12" long.
(Loops resting diameter is approximately 12").



New From GoFit!

New From GoFit

Glute Blaster

GoFit's Glute Blaster targets the posterior like nothing else. Superior GoFit resistance tubes connect the heavy duty webbed belt to felt-lined foot straps. This unique design, along with the included exercise manual, gives you the power to sculpt and shape your glutes for that firm, toned look. But it's not just the "look" you'll get. This is a real resistance, well-rounded, workout to build strength and stamina for all of life's activities.

- Tones and lifts the glutes.
- Strengthens the lower body.
- Superior latex rubber tubing.
- Belt and Cuffs have soft, padded interior.
- Fully adjustable Velcro closures.
- Heavy-duty webbing.
- Belt—One Size Fits Most
- Medium Resistance Tubes

Includes: Glute Blaster, Knee Pad, Carry Bag & Training Manual

Model Number: **GF-GBB**
Master Pack: 4
UPC: 687339240408
Dims: 13.75 x 9.5 x 4 / Shelf



Resist-a-Bar

The GoFit Resist-a-bar is a total-body strength-training tool that works together with GoFit resistance products and accessories. The dual carabiner connector ends allow the user to train with the full range of GoFit Power Tubes—20lbs through 100lbs. Get multiple resistance levels for a multitude of exercises. Use the GoFit Door Anchor component for an additional range of exercise options.

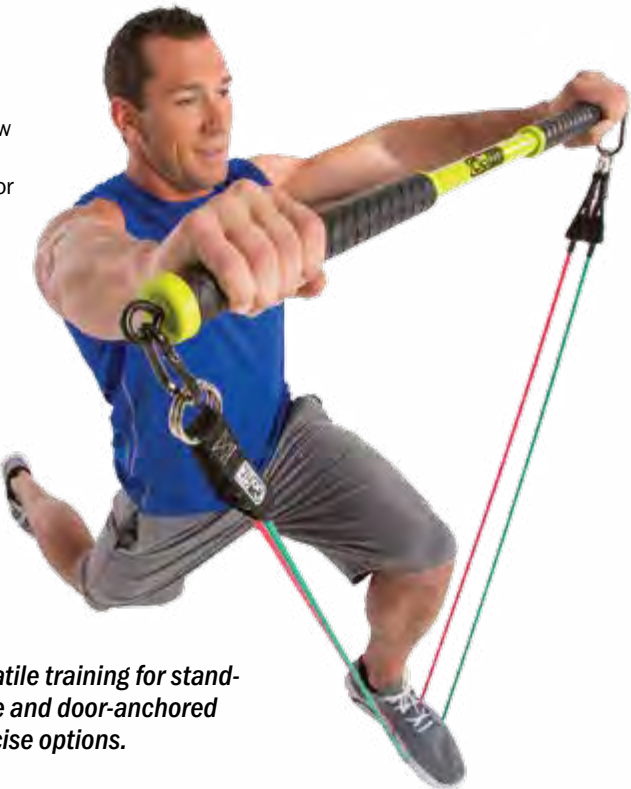
- Durable steel bar with comfort grips and heavy duty carabiners.
- Heavy duty connector ends with ball bearing swivel action.
- Expandable system, compatible with GoFit resistance products and accessories.
- Hang-tag package solution.

Includes: Resist-a-Bar & Training Manual

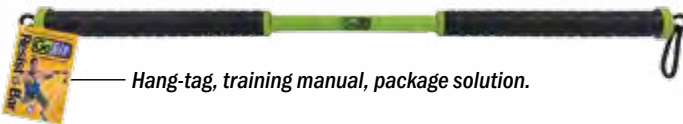
Model Number: **GF-RAB**
Master Pack: 2
UPC: 687339202864
Dims: 41 x 1.75 x 1.75 / Peg



Compatible with GoFit Power Tubes and Door Anchor



Versatile training for stand-alone and door-anchored exercise options.



New From GoFit!

New From GoFit

Mega ProGym

The GoFit Mega ProGym is a complete home gym in a bag. It includes the highest quality resistance Power Tubes with all the equipment you need for a total body workout. The components work together using heavy duty universal carabiner connections. Handles and Door Anchors connect to the Power Tubes in a snap. This ultra-flexible system comes complete with a heavy duty mesh carry bag for the perfect workout at home, or on the go.

- 450lbs Total Resistance—Complete Home Gym
- 6 Mega Strong Resistance Tubes
- Superior tube material.
- Heavy gauge double-layer webbing.
- Double box stitched throughout.
- Reinforced stainless steel tube connections.
- Heavy gauge stainless steel rings & carabiners.

Mega ProGym includes GoFit's 6 heaviest Power Tubes, plus accessories and training:

- 6 Resistance Tubes (Orange - 50lb, Red - 60lb, Yellow - 70lb, Green - 80lb, Grey - 90lb, Black - 100lb)
- 2 Handles with Easy Grip Rubber
- 2 Door Anchors
- 1 Carry Bag
- Laminated Training Manual

Model Number: GF-2XPGYM
Master Pack: 2
UPC: 687339201171
Dims: 12.5 X 12.5 X 5.25 / Shelf

Superior latex tubing and strong nylon webbing, stitching and connecting rings for optimal performance.



Stand-out, octagonal packaging.



Reinforced double box stitching throughout.

Heavy-duty grippy-rubber handles.



New From GoFit!

Go Barre

The GoFit Go Barre integrates today's hottest ballet barre workout, with the right gear and ballet-inspired moves. They all work together to tone, lift and sculpt your total body. In the included Go Barre workout DVD, Shay Kostabi choreographs elements of ballet, pilates, yoga and functional training with fun and motivating music. In each targeted routine, the Go Barre, Core Ab ball, and Resistance Flatband are used to shape, tone and tighten the body for that lean dancer's physique.

- Includes everything for the Go Barre workout:**
- Go Barre (Easy Modular Assembly Required)
 - Traditional 48" x 1.5" (121cm x 3.8cm) hardwood barre made in USA
 - Heavy gauge steel construction and powder-coated base.
 - Adjustable in height from 36" to 54" (91cm to 137cm)
 - Rubber, no-slip floor protectors.
 - Core Ab Ball - 8" diameter (20cm)
 - Medium Resistance Flatband
 - Laminated Training Manual
 - Go Barre Workout DVD

Model Number: GF-BBAR
Master Pack: 1
UPC: 687339300560
Dims: 48.25 x 13.25 x 3.5 / Shelf

Shay Kostabi,
International Master Trainer,
ABT Certified Barre Instructor
and ACE Certified PT and
Movement Specialist



Heavy-gage steel-tube legs have adjustment markings from 36" up to 54" height.

Screw-tight, large height-adjustment knobs.



Scenes from the included Go Barre workout DVD



New From GoFit

New From GoFit!

New From GoFit

Guide Mat

The GoFit Guide Mat has a dynamic workout with instructions printed directly onto the mat. It's like having a guided workout with a personal trainer. The mat is double-cushioned closed cell foam with a non-slip surface providing extra comfort and protection for. The mat easily rolls up for storage and wipes clean with a damp towel, making every session doubly effective and efficient. The Guide Mat is a super convenient tool to take your workout anywhere and see real results.

- Exercises and instructions printed directly on to mat.
- Extra Cushion—7mm Double-Thick Closed Cell Foam
- Superior comfort for stretches and exercises.
- Textured surface for secure footing and added grip.
- Length: 72" Width: 24"

Model Number: **GF-GDM**
UPC: 687339100504



Warm-Up, Strength, and Recovery workout printed directly on to mat.



Guide Roller

The GoFit Guide Roller has an invigorating massage routine with instructions printed directly onto the foam roll. It's like having a guided recovery workout with a personal trainer. The foam roller is made of a super high-density foam dense foam that is designed for deep tissue massage and heavy use. The Guide Roller is a super convenient tool to take your recovery workout anywhere and perfect for an active GoFit lifestyle.

- Recovery routine printed directly on foam roller.
- Aggressive, Deep-Tissue Massage Therapy
- Beneficial For Muscle Recovery and Regeneration
- Designed to withstand heavy and repeated use.
- Helps alleviate muscle soreness and fatigue.
- Improves Alignment and Hip Mobility
- Length: 24" Diameter: 6"

Model Number: **GF-GDRL**
UPC: 687339100511



12 restorative exercises printed on foam roll.



New From GoFit!

New From GoFit

Pro Deep Tissue Accupoint Massage Roller

GoFit's Pro Deep Tissue Accupoint Massage Roller, made of dense closed cell foam, features accupoint therapy nodules. Like massaging fingers, these rolling nodules reach deep muscle tissue, relieving trigger points to break down the body's ailments and stresses. This lightweight, yet highly durable roller awakens tired muscles pre-workout and targets sore muscles post-workout. It improves blood circulation throughout your skin, fascia and muscles—even tendons and ligaments.

- Reaches deep muscle tissue with acupressure therapy nodules—breaking down trigger points like massaging fingers.
- Massage pressure is distributed across many nodules maintaining stability for heavy usage.
- Pattern, allows blood to quickly flood the muscle through the foam channels and speed up recovery.
- Condensed, yet lightweight foam is highly durable.

Includes: Pro Deep Tissue Massage Roller & Training Manual

Model Number: **GF-DTROLL**
Master Pack: 4
UPC: 687339470300
Dims: 13 x 5.75 x 5.75 / Shelf



Protected by U.S. Patent Nos. 7,918,774 and 8,002,682. Other Patents Pending.



GoGrip

GoFit's Go Grip Stress Reliever helps effectively squeeze-away stress and build grip strength. The simple act of gripping and squeezing the malleable, palm-sized Go Grip, has a calming effect. It helps increase blood flow in the hands and relieves stress.

- Stress Relief, Calming Action, Grip Strength
- Ultra ergonomic—squeezes to fit perfectly in the hand, and then reshapes itself back again.
- Latex-free exterior with non-toxic silicone filler.
- Compact, PDQ display holds 20 units
- Soft "pearl finish" material.
- Unit dimensions: 2" x 4"

PDQ Retail Display dims (12 count):
12.75" x 9.75" x 8" Height
(Folds to 12.75" x 9.75" x 2.25")

Model Number: **GF-GRIP**
UPC: 687339202345

Self-Contained 20-Count Display Unit
(Folds down for case-packing.)



Corset Waist Trainer

GoFit's Corset Waist Trainer shapes the waist for an hourglass figure. Ideal for light workouts, the ventilated flex-latex rubber creates compression, burns calories while supporting posture, and helps prevent back pain and injuries.

- Slims form for a svelte profile.
- Tones and flattens abs.
- Sheds more water weight.
- Improves posture and supports lower back.
- Nine steel boning supports with satin-finish exterior.
- 3 hook-and-eye closures for flexible sizing.
- 3 Sizes: S—28-30", M—30-32", L—32-34"

Includes: Corset Waist Trainer & Owner's Manual

Master Pack: 4
Dims: 8.5 x 13 x 1.5 / Peg - Shelf

Model Number: **GF-WACP-SM**
UPC: 687339220325

Model Number: **GF-WACP-MED**
UPC: 687339220332

Model Number: **GF-WACP-LG**
UPC: 687339220349



Ventilated flex-latex rubber body with soft, felt-finish polyester lining.



New From GoFit!

Body Comp Scale

- Calculates Weight and Body Composition
- Tempered glass platform
 - Stainless steel sensors
 - Digital, blue-light display
 - Batteries included
 - Ultra thin profile
 - Estimates body fat water percentage and muscle mass to 0.1% graduation.
 - Estimates bone density to 0.2lbs (90g) increments.
 - Memory for 10 users.
 - 11.75 x 11.75 x .875 inches (30 x 30 x 2.2cm)
 - Up to 397lbs (180kg) capacity in 0.2lb (90g) increments.

Includes: Body Comp Scale & Owner's Manual

Model Number: **GF-SCALE-BC**
Master Pack: 1
UPC: 687339202970
Dims: 12.5 x 12.5 x 1.5 / Shelf

Glass Digital Scale

- Digital High-Capacity Glass Scale
- Tempered glass platform
 - Black back-colored glass
 - Digital LCD display
 - Batteries included
 - Ultra thin profile
 - High precision strain gauge sensor.
 - 11.75 x 11.75 x .875 inches (30 x 30 x 2.2cm)
 - Up to 397lbs (180kg) capacity in 0.2lb (90g) increments.

Includes: Glass Digital Scale & Owner's Manual

Model Number: **GF-SCALE-GLS**
Master Pack: 1
UPC: 687339202963
Dims: 12.25 x 12.25 x 1.5 / Shelf

Stainless Steel Scale

- Digital High-Capacity Stainless Steel Scale
- Stainless steel surface
 - Tempered glass platform
 - Digital, blue-light display
 - Batteries included
 - Ultra thin profile
 - High precision strain gauge sensor.
 - 11.75 x 11.75 x .875 inches (30 x 30 x 2.2cm)
 - Up to 397lbs (180kg) capacity in 0.2lb (90g) increments.

Includes: Stainless Steel Scale & Owner's Manual

Model Number: **GF-SCALE-SS**
Master Pack: 1
UPC: 687339202956
Dims: 12.25 x 12.25 x 1.5 / Shelf



Muscle Pain Management

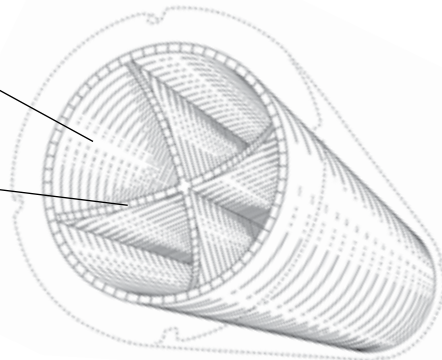
UltraFin CORE

Introducing the all-new GoFit UltraFin Core—engineered to allow deeper pressure with greater stability for muscle massage and stretching. This unique inner support structure, along with our already-effective foam patterns break down and release the body's ailments and stresses. Unlike other traditional "hollow" foam rollers, the UltraFin Core withstands the most intense therapy sessions in the industry, helping your body to improve blood circulation throughout your skin, fascia, muscles and even tendons and ligaments.

- UltraFin Core prevents flexing and breaking of the inner core.
- Holds up to 50% more weight than traditional "hollow" foam rollers.
- Firmer, denser rolling for faster breakdown of fascia and lactic acid.
- The same popular exterior patterns, allowing blood to quickly flood the muscle through the foam channels and speed up recovery.
- Patent Pending

The same advantages as hollow cores with greater structural integrity.

Seamless, UltraFin Core runs the length of the core providing superior, I-beam structural engineering.



Go Roller - 13" - 18"

A great way to increase flexibility and speed up post-workout recovery is through trigger-point therapy or self massage. The GoFit Massage Roller is a great tool to awaken tired muscles, pre-workout and to help knead aching muscles, post-workout.

Includes: 13" or 18" Massage Roller & Training Manual

Model Number: **GF-FR6**
Master Pack: 4
UPC: 687339472069
Dims: 18.5 x 5.75 x 5.75 / Shelf

Model Number: **GF-FR13-ORNG**
Master Pack: 4
UPC: 68733942236
Dims: 13.5 x 5.75 x 5.75 / Shelf



Go Roller - Massage Kit

When exercising on the go, increase flexibility and speed up recovery with the GoFit Go Roller. Perfect for deep tissue therapy and self massage, this is the right tool to awaken tired muscles and help knead aching muscles. The included Myofascial Release Ball provides target-point therapy.

Includes: Go Roller, Myofascial Release Ball, Training Manual & Carry Bag

Model Number: **GF-FR4**
Master Pack: 4
UPC: 687339472045
Dims: 14 x 4 x 4 / Shelf



Muscle Pain Management

Extreme Go Roller - 13"

The GoFit Extreme Massage Roller's patent-pending Egg Crate design performs like an aggressive sports massage for tired and sore muscles. The Egg Crate design's firm-molded "Peaks" aggressively pinpoint and break up sore, knotted muscles or trigger points. Simultaneously, the Peaks and Valleys roll smoothly over muscle curves and harder body parts without causing discomfort. This self-massaging process relaxes muscle tissue also promoting more flexible movement. Manage muscle pain for maximum relief with GoFit's Extreme Massage Roller.

- Patent Pending, Egg Crate design provides deep tissue massage, pulverizing trigger point areas for maximum relief.
- 4" Rigid hollow core design stands up to heavy use and allows user to grip roll ends for greater control and added core-strengthening exercise options.
- Dense, closed-cell foam offers durable firmness with soft-touch surface.

Includes: 13" Extreme Roller & Training Manual

Master Pack: 4
A) Model Number: **GF-EFR13-BLK**
UPC: 687339471130
Dims: 13 x 6.5 x 6.5 / Shelf

B) Model Number: **GF-EFR13-BLU**
UPC: 687339471154
Dims: 13 x 6.5 x 6.5 / Shelf



Roll-On Massager

Massage away deep muscle pain. Roll out sore trigger points. The ultra portable, GoFit Roll-On Massager is ideal for reaching tight spots and rolling the pain out of muscle tissue. The durable construction is easy to grip with a rubber-coated thick plastic shell. The Rolling Ball is a virtually indestructible, solid plastic sphere. Set permanently into its base, the ball smoothly rolls in any direction with a "no-moving-parts" assembly. A great addition to GoFit's Muscle Pain Management System—for an active, GoFit life.

- **Now available in single-unit clam shell. (GF-SHM)**
- Smooth rolling action for firm, targeted self massage trigger point release.
- Lightweight, portable size with ergonomic shape.
- Smooth-grip TPR rubber surface with solid plastic rolling massage ball.
- Roll-On Massager Dims: 3.25" Diameter; 2.75" Height

Includes: Roll-On Massager & Downloadable Training Poster PDF

Model Number: **GF-ROM**
Master Pack (PDQ): 9
UPC: 687339473202
PDQ Dims: 10.25 x 9.75 x 7.75 / Shelf
(Folds to 10.25 x 9.75 x 3)

Model Number: **GF-SHM**
Master Pack: 4
UPC: 687339473301
Dims: 8 x 5 x 3 / Peg or Shelf



GF-SHM:
Single-Unit Clam Shell



GF-ROM:
PDQ Retail Display



Muscle Pain Management

Foot & Hand Recovery Massage Roller

- Targeted deep tissue massage for plantar fasciitis.
- Ergonomic, contoured shape provides a more enjoyable massage.
- Soft-grip rubber with firm core to withstand weight pressure.
- Ideal-sized massage bumps in GoFit egg crate shape pattern.
- Translucent urethane wheels.
- Roller Size—Length: 6.875" Diameter: 2.75"

Includes: Foot & Hand Massage Roller & Training Manual

Model Number: **GF-FRMR**
Master Pack: 4
UPC: 687339473004
Dims: 10 x 3 x 3 / Peg or Shelf



Massage Bar

Flexibility and recovery are vital components for any training program. A great way to increase flexibility and speed-up post-workout recovery is through trigger point therapy and self massage. The GoFit Massage Bar's ball-bearing action makes it an easy-rolling tool to awaken tired muscles pre-workout and to knead aching muscles, post workout. No matter how hard you workout, run, ride or play, the Massage Bar is an ideal way to relieve stress and rejuvenate muscles.

Includes: Massage Bar & Training Manual

Model Number: **GF-TMB**
Master Pack: 4
UPC: 687339456007
Dims: 1.75 x 2 x 18.75 / Peg



Muscle Pain Management

Extreme Massage Bar

Target deep muscle tissue with the GoFit Extreme Massage Bar for maximum pain relief. The Extreme Massage Bar is an excellent muscle pain management tool for sports massage and trigger point therapy. The patent pending, Egg Crate nodule design provides a deep tissue massage that targets trigger point areas for maximum pain relief and improves flexibility. The nodules of the Egg Crate design are adaptable to the shape of your body to manipulate and massage your muscle tissue in various angles to break down trigger points, rapidly alleviating muscle pain.

- Sports massage and trigger point therapy.
- Firm but flexible bumps gently stretch soft tissue. to alleviate knots and trigger points.
- Ball-bearing roller system is smooth and easy-to-use.
- Ergonomic handles are comfortable with soft-grip rubber.
- Roller Size—Length: 8" Diameter: 2"
- Compact, portable design.

Includes: Extreme Massage Bar & Training Manual

Model Number: **GF-EMB**
Master Pack: 4
UPC: 687339457004
Dims: 17 x 2.5 x 2.5 / Peg



Massage Ball - 5"

GoFit's Massage Ball reaches deep muscle tissue—targeting knots and trigger points to relieve pain and soreness. Made of dense lightweight foam with a solid core, this unique therapy tool targets virtually all muscle groups. It has a soft textured surface to keep it in place while you roll away muscle pain. Leaning on a wall or laying down, simply press and roll. You decide how much pressure to apply for maximum relief. Ideal portable therapy, the Massage Ball is part of GoFit's Muscle Pain Management System.

Includes: Massage Ball & Training Manual

Model Number: **GF-DTMB5**
Master Pack: 4
UPC: 687339991157
Dims: 5 x 5 x 5 / Shelf



Muscle Pain Management

GoBall

The GoFit GoBall targets sore muscles for pain-relief. Part of GoFit's Muscle Pain Management system, the GoBall relieves knots, trigger points and muscle soreness. It reaches your back, shoulders, glutes, legs, and other spots in need of deep-tissue massage with ease. Leaning on a wall or laying down, simply press and roll. The cord helps you target areas of pain and keeps the ball in place. The ball's density and no-slip rubber surface is ideal for trigger point release. You decide how much pressure you want to apply to your target-point areas for maximum relief.

Includes: GoBall & Therapy Poster

Model Number: **GF-MBR**
Master Pack: 6
UPC: 687339991003
Dims: 8 x 2.5 x 10 / Peg - Shelf



Target point diagram example from the included GoBall Therapy Poster.



Targeted Muscle Relief

Trigger Ballx2

The GoFit Trigger Ballx2 targets sore muscles for pain-relief. Part of GoFit's Muscle Pain Management system, the Trigger Ballx2 relieves knots, trigger points and muscle soreness. Dual cords help to reach your back, shoulders, glutes, legs, and other spots in need of deep-tissue massage while keeping the balls in place. The ball's density and no-slip rubber surface is ideal for trigger point release. Leaning on a wall or laying down, you decide how much pressure you want to apply to your target-point areas for maximum relief.

Includes: Trigger Ballx2 & Therapy Poster

Model Number: **GF-2XMB**
Master Pack: 4
UPC: 687339991010
Dims: 7 x 2.125 x 8.875 / Peg - Shelf



Muscle Pain Management

Stretch Rope

The Stretch Rope, with use of the included Training Manual, increases flexibility in tight muscles by “reprogramming” them to contract and relax through a new range of motions. Brook’s exercises will help relieve tension throughout your body and alleviate the associated aches and pains.

Includes: Stretch Rope & Brook Benten Training Manual

Model Number: **GF-STR**
Master Pack: 4
UPC: 687339300805
Dims: 8.5 x 7.25 x 3 / Peg - Shelf



Pro Foam Roll - 24"

Designed for deep tissue massage, this foam roll withstands heavy use. This aggressive, deep-tissue massage therapy improves alignment and hip mobility while supporting muscle recovery and regeneration. Alleviate sore muscles and fatigue as often as you need.

Includes: 24" Pro Foam Roll & Training Manual

Model Number: **GF-PROFR**
Master Pack: 4
UPC: 687339470249
Dims: 6.5 x 6.5 x 25.25 / Shelf



Muscle Pain Management

Foam Roller - 18" - 24" - 36"

The Foam Roller is great for self massage and muscle compression. Used by personal trainers and physical therapists worldwide, available in 18", 24" and 36". The GoFit Foam Roller is just the right firmness and density to assist with recovery after a strenuous workout or to help relieve pain.


Includes: 18", 24" or 36" Foam Roll & Training Manual

A) Model Number: GF-FROLL Master Pack: 4 UPC: 687339470010 Dims: 18 x 6 x 6 / Shelf	B) Model Number: GF-FROLL24 Master Pack: 4 UPC: 687339470034 Dims: 24 x 6 x 6 / Shelf	C) Model Number: GF-FROLL36 Master Pack: 4 UPC: 687339470362 Dims: 36 x 6 x 6 / Shelf
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Universal Package Sleeve





October - Breast Cancer Awareness Month

GoFit's Muscle Pain Management system targets muscle pain caused by exercise and the everyday activities of life.

*Your purchase benefits **the Pink Ribbon Program***

Post-operative workout enhancing recovery for breast cancer survivors.

Foam Roller - 18"

Includes: 18" Foam Roll & Training Manual

Model Number: **GF-BCFROLL**
Master Pack: 4
UPC: 6873394720016
Dims: 18 x 6 x 6 / Shelf



Rubber Resistance Training System

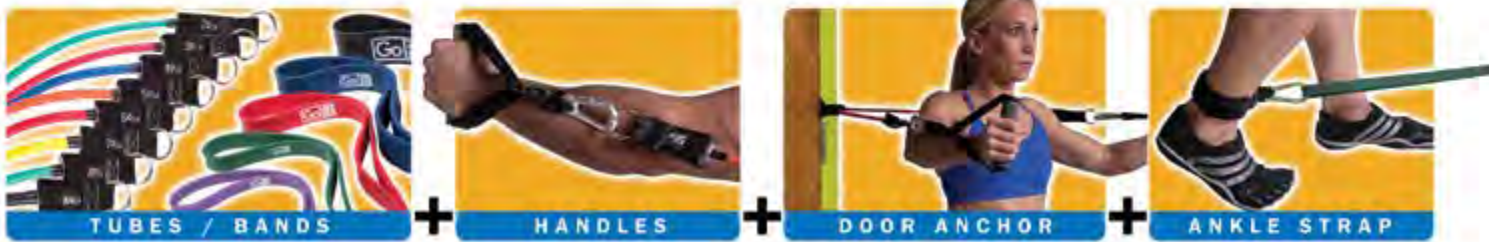
Rubber Resistance Training System

Rubber Resistance Training System

Rubber Resistance Training System



Choose your tools. Build your workout. GoFit.



GoFit's Rubber Resistance Training products work together as a modular component system, designed to provide the optimum rubber resistance workout. All components use a universal carabiner connection. Handles, Door Anchors and Ankle Straps connect to the Resistance Tubes and Bands in a snap, for an ultra-flexible training program.



The GoFit Rubber Resistance Training System lets you purchase items separately to create your own ultra-effective workout. As training progresses, one may simply expand their system with more resistance options. For example, use one Door Anchor with a variety of Tubes or Bands depending on the particular workout. All components use a universal carabiner connection, so Handles, Door Anchors and Ankle Straps connect to Resistance Tubes and Bands in a snap, for an ultra-flexible training program.

The GoFit Rubber Resistance Training System—Modularly packaged and merchandised to work together as a complete component system.

Model Number: **GF-PWRST***
Master Pack: 1
UPC: 687339213006

Display Dimensions:
Display area (2) - 26 x 51
Header sign (2) - 23 x 12
Side sign (2) - 12 x 45
Footprint - 30 x 30

*Note: Display unit does not include products.
All products to be ordered separately.
Contact Sales Manager for customized Modular Displays.

Rubber Resistance Training System Accessories

These items are key elements of GoFit's Rubber Resistance Training System, working together with GoFit Power Tubes and Super Bands for effective strength training at home or anywhere. Accessories include GoFit Power Handles, Door Anchor and Ankle Strap (sold separately).

Power Handles



Model Number: **GF-STHC**
Master Pack: 4
UPC: 687339214201
Dims: 12 x 6.25 x 2.5 / Peg

GoFit Power Handles are sold as a pair. They come complete with a compact training manual for use with GoFit Power Tubes.

The Handles can also be used with Super Bands for a variety of exercises.

Note: The Handles and Ankle Straps may be used with many cross-cable machines or home gyms, and are convenient to take to the gym for sanitary purposes. The Door Anchor may be used with almost any resistance tube or band of any brand.

Door Anchor



Model Number: **GF-STDA**
Master Pack: 4
UPC: 687339214409
Dims: 11.5 x 3 x 2 / Peg

Ankle Strap



Model Number: **GF-STAS**
Master Pack: 4
UPC: 687339214300
Dims: 9.5 x 3 x 1.5 / Peg

Super Bands

The GoFit Super Band's continuous, 80" latex loop offers variable weight resistance with each band. **Five Super Bands are available**, each with a gradually greater weight range. You get virtually hundreds of resistance-exercise options.

Super Band may be used alone or with Power Handles, Door Anchor, or Ankle Strap.

Includes: Latex Super Band & Training Manual

Available in 5 color-coded weight ranges:

Model Number: **GF-PSB.5**
Master Pack: 3
UPC: 687339213051
Dims: 11 x 4.75 x .75 / Peg

Model Number: **GF-PSB.75**
Master Pack: 3
UPC: 687339213075
Dims: 11 x 4.75 x 1 / Peg

Model Number: **GF-PSB1**
Master Pack: 3
UPC: 687339213105
Dims: 11 x 4.75 x 1.2 / Peg

Model Number: **GF-PSB1.5**
Master Pack: 2
UPC: 687339213150
Dims: 11 x 4.75 x 1.75 / Peg

Model Number: **GF-PSB2**
Master Pack: 2
UPC: 687339213204
Dims: 11 x 4.75 x 2.25 / Peg

30-50lb
(.75" Width)
GF-PSB.75

20-35lb
(.5" Width)
GF-PSB.5

50-120lb
(1.5" Width)
GF-PSB1.5

40-80lb
(1" Width)
GF-PSB1



60-150lb
(2" Width)
GF-PSB2



Use Super Band alone or with Power Handles.



Rubber Resistance Training System

Rubber Resistance Training System

Power Tubes

Effective strength training at home or anywhere with the safe, portable weight-resistance of GoFit Power Tubes. Available in eight different weight resistance levels, they deliver ultra-versatile options for your resistance workout routine.

*GoFit Power Handles required (pair sold separately) Includes Power Tube Training Booklet.

- Heavy duty, premium components.
- Durable latex rubber tubing, strength-tested to determine reliable weight-resistance levels.
- Nylon webbing, stitching and connecting rings are enhanced for optimal performance.
- Innovative tube connection is designed for superior dependability.
- Length: 54" (137.16cm)



Power Handles Required



Beefed-up nylon webbing, stitching and connecting rings for optimal performance with Rubber Resistance Training System Accessories.



Master Pack: 4
Dims: 54 x 2 x 1.5 / Peg

Model Number: GF-ST20
UPC: 687339212207

Model Number: GF-ST30
UPC: 687339212306

Model Number: GF-ST40
UPC: 687339212405

Model Number: GF-ST50
UPC: 687339212504

Model Number: GF-ST60
UPC: 687339212603

Model Number: GF-ST70
UPC: 687339212702

Model Number: GF-ST80
UPC: 687339212801

Model Number: GF-ST90
UPC: 687339212900

Model Number: GF-ST100
UPC: 687339212108

Resistance Tubes & Bands

Ultimate ProGym

Train anywhere, anytime with the Ultimate ProGym in a bag, and Brook Benton's fun, effective training. Seven resistance levels with all the accessories creates a total-body workout that gets results. Whatever the fitness level, this complete home gym can tone, strengthen and lift vitality.

Includes: 3 Resistance Tubes (Green - 20lb, Red - 30lb, Blue - 40lb), 2 Handles with Easy Grip Rubber, 1 Door Anchor, 2 Ankle Straps, 1 Carry Bag, Training Manual & Brook Benton Training DVD.

Model Number: GF-PGYM-DVD
Master Pack: 4
UPC: 687339201126
Dims: 8 x 5.75 x 7.75 / Shelf



Scenes from the included ALL NEW Brook Benton Training DVD.



ProGym Extreme

If you are looking for an amazing challenge with your resistance tube training, this is the product for you. Developed and designed with the max-trainer in mind, the ProGym Extreme comes with 4 resistance tubes that allow 12 weight combinations up to 140lbs of resistance. Used together or individually, these extreme tubes will help your muscles learn and burn.

Includes: 4 Resistance Tubes (Green - 20lb, Red - 30lb, Blue - 40lb, Orange - 50lb), 2 Handles with Easy Grip Rubber, 2 Door Anchors, 2 Ankle Straps, 1 Carry Bag, & Laminated Training Manual

Model Number: GF-EPGYM
Master Pack: 2
UPC: 687339201195
Dims: 12.25 x 4.5 x 10.5 / Shelf



Resistance Tubes & Bands

Power Tubes

Get effective strength-training at home or anywhere with the safe, portable rubber resistance of GoFit Power Tubes, available in six weight-resistance levels. The durable latex tube is strength-tested to determine reliable weight-resistance. Beefed-up nylon webbing and hardware offer optimal performance. Innovative tube/handle connections are designed for superior dependability. All-in-all, an ultra-versatile training tool.

Includes: 1 Power Tube, Door Anchor & Training Manual

Master Pack: 4
Dims: 7.2 x 2.5 x 9.5 / Peg - Shelf

RED Model Number: GF-4TT5 UPC: 687339230218	BLACK Model Number: GF-4TT20 UPC: 687339230249
BLUE Model Number: GF-4TT10 UPC: 687339230225	ORANGE Model Number: GF-4TT25 UPC: 687339230256
GREEN Model Number: GF-4TT15 UPC: 687339230232	GREY Model Number: GF-4TT30 UPC: 687339230300



Power Loops

The GoFit Power Loops are a great tool for achieving a complete lower body workout. The kit is easy to pack and store. The Power Loops come in 3 different levels of resistance.

Includes: 3 Power Loops & Training Manual

Model Number: **GF-PLP**
Master Pack: 6
UPC: 687339240101
Dims: 5.375 X 1 X 7.25 / Peg



Resist-a-Cuff

The GoFit Resist-a-Cuffs are an ideal, portable solution to lower body strength training and rehabilitation exercise. Offered in light-to-medium or medium-to-heavy resistance ranges, they develop lower body muscle tone and strength, as well as speed and agility. The fully-adjustable cuffs have soft inside padding, with a durable, webbing exterior, and Velcro closure for an exact fit.

Includes: 1 Resist-a-Cuff & Training Manual

Master Pack: 4
Dims: 5.5 x 9 x 2.5 / Peg - Shelf

Model Number: **GF-CUFF-L/M**
UPC: 687339240200

Model Number: **GF-CUFF-M/H**
UPC: 687339240309



Resistance Tubes & Bands

The GoFit Power Flat Bands and Latex-Free Flat Bands are a great total body workout tool that is easy to pack and store. Excellent for targeting the lower body, including thighs, glutes, hips and calves. Also great for upper-body training and physical therapy.

Single Latex-Free Flat Bands

Three different levels of resistance available individually.

Includes: 1 Latex-Free Flat Band & Training Manual

Master Pack: 6
Dims: 7 x 1 x 2.5 / Peg

YELLOW
Model Number: **GF-SFB-L**
UPC: 687339460318

ORANGE
Model Number: **GF-SFB-M**
UPC: 687339460325

RED
Model Number: **GF-SFB-H**
UPC: 687339460332



Flat Band Training Manual included with GF-SFB, GF-FBAND, and GF-LFFB.

Power Flat Band Kit

Includes:
3 Latex Flat Bands
(Red - Light,
Blue - Medium,
Green - Heavy)
& Training Manual

Model Number: **GF-FBAND**
Master Pack: 6
UPC: 687339460301
Dims: 4.75 x 1 x 6.75 / Peg



Latex-Free Power Flat Band Kit

Includes:
3 Latex-Free Flat Bands
(Gold - Light,
Purple - Medium,
Green - Heavy)
& Training Manual

Model Number: **GF-LFFB**
Master Pack: 6
UPC: 687339460400
Dims: 4.75 x 1 x 6.75 / Peg



High Intensity Training Tools

Go Timer

The Go Timer is perfect for interval training which combines intense timed work periods with short precise periods of rest. This method of training is clinically proven to increase your metabolic rate and torch fat. Use the Go Timer for all types of cross training and interval workouts. Maximize results in minimal time while improving anaerobic and cardio endurance.

Includes: Go Timer, Arm Strap & 2 AAA Batteries

Model Number: **GF-GOTMR**
Master Pack: 6
UPC: 687339100108
Dims: 3.75 x 6.5 x 1.5 / Peg



Arm strap with loop for two extra AAA batteries.

Combat Rope

GoFit's Combat Rope is a simple exercise tool that offers a multi-dimensional workout for total-body training. Functional fitness is not only a part of cross training, it benefits our daily lives. Whatever you do, improved balance, toned muscle, and cardio-fitness provide a fuller, healthier life. The Combat Rope is a great way to help you go through life fit.

Includes: Combat Rope & Training Manual

Model Number: **GF-BATR**
Master Pack: 1
UPC: 687339202888
Dims: 18 x 12 x 12 / Shelf



Pro Cable Rope

This commercial grade, coated steel cable rope is a compact training tool that packs a punch. Whether you are wanting to elevate your MMA training, cross training, or just looking to improve your overall fitness level, the 9' steel cable provides incredible feedback for maximum results. Racquet Taped Handles offer superior grip.

Includes: Pro Cable Rope

Model Number: **GF-PCR9**
Master Pack: 4
UPC: 687339200709
Dims: 6 x 1.25 x 13 / Shelf



HITT High Intensity Training Tools

High Intensity Training Tools

Medicine Ball

Medicine Balls build core trunk strength and joint integrity. Core trunk strength is the key to most athletic moves. The trunk is generally the weakest link. All sports trainers now recognize core strength training as the logical starting point for an effective training program. Often athletes over-strengthen muscles at the expense of joint strength and no matter how strong your muscles are you are only functionally as strong as your joints. You see this often in injuries to shoulders, elbows, hips, and knees. Medicine Ball training is designed to strengthen these areas and allows you to more fully access your muscle strength.

Includes: 4lb, 6lb, 8lb, 10lb, 12lb or 15lb Medicine Ball & Training Manual

Master Pack (4lb / 6lb / 8lb / 10lb): 4
Dims: 7.5 x 7.5 x 7.5 / Shelf
Model Number: **GF-MB4** (GREEN)
UPC: 687339601001

Dims: 8 x 8 x 8 / Shelf
Model Number: **GF-MB6** (PURPLE)
UPC: 687339602008

Model Number: **GF-MB8** (RED)
UPC: 687339603005

Dims: 9 x 9 x 9 / Shelf
Model Number: **GF-MB10** (YELLOW)
UPC: 687339604002

Master Pack (12lb / 15lb): 2
Model Number: **GF-MB12** (GREY)
UPC: 687339605009

Dims: 11 x 11 x 11 / Shelf
Model Number: **GF-MB15** (BLUE)
UPC: 687339606006



Medicine Ball Training Manual included with all sizes/weights.

Extreme Ab Wheel

Build a strong core, improving power and balance while decreasing the likelihood of injuries. GoFit's Extreme Ab Wheel, the ultimate functional fitness tool, delivers an intense workout—challenge your abs, obliques, back, hips and glutes. Dual purpose Foot/Hand Grips with soft-firm rubber for a superior grip. Solid rubber wheel with solid steel axle construction. Nylon-web straps for secure foot placement.

Includes: Extreme Ab Wheel & Training Manual

Model Number: **GF-EAW**
Master Pack: 2
UPC: 687339202116
Dims: 14.75 x 3.5 x 15 / Shelf



Dual purpose Foot/Hand Grips

Extreme Sand Bag - 60lbs

The GoFit Extreme Sand Bag builds functional strength and intense endurance. The weight is unstable and shifts constantly, engaging more muscle groups with every exercise. It makes your body adjust and develop like no other weight training can.

Includes: Extreme Sand Bag, 3 Adjustable-Weight Inner Sand Bags

Model Number: **GF-SBAG60**
Master Pack: 2
UPC: 687339608703
Dims: 12 x 4 x 12 / Shelf



Inner sand bags (with double, inner seal to minimize leakage) for fully adjustable weight—

Small Bag: 5lbs
Medium Bag: 22lbs
Large Bag: 35lbs
All Bagged: 62lbs

HITT High Intensity Training Tools

High Intensity Training Tools

High Intensity Training Tools

Premium Wood Plyobox

The @ home total body solution. GoFit's Premium Wood Plyobox is made in the USA by skilled American craftsmen. Plyometrics, "Jump training" or "plyos" are exercises in which muscles exert maximum force in short intervals of time, developing total-body fitness. Plyobox training is an integral part of CrossFit and MMA Training. Plyoboxes ship flat and assemble in minutes.

- Available in 12", 18" and 24" heights.
- Made in the USA
- Commercial quality supports 350 pounds.
- Machined wood edges for exact fit.
- Pre-drilled, interlocking joints for exact-fit assembly.
- Premium non-warping plywood construction.
- Ships flat—Assembles in minutes.

12" Plyobox Includes:

Hardwood Plyobox,
"Plyo Body Shred" DVD,
& Bonus Plyo Exercise Book

Model Number: **GF-PLY012**
Master Pack: 1
UPC: 687339340122
Dims: 19.5 x 21.25 x 4 / Shelf

Exercises from the "Plyo Body Shred" DVD with Brook Benton:



18" & 24" Plyobox Includes:

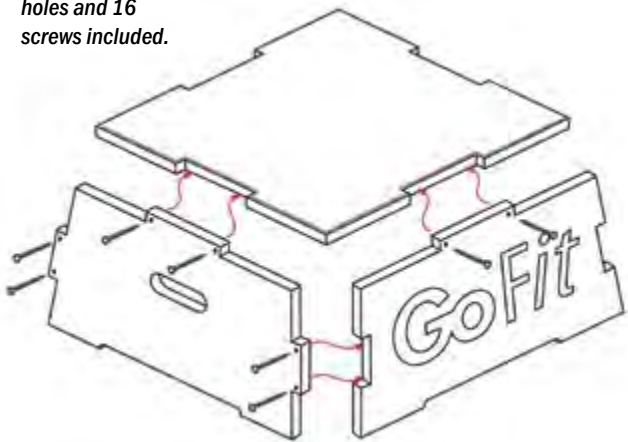
Hardwood Plyobox & Bonus Plyo Exercise Book

Model Number: **GF-PLY018**
Master Pack: 1
UPC: 687339340184
Dims: 23.5 x 19.5 x 4 / Shelf

Model Number: **GF-PLY024**
Master Pack: 1
UPC: 687339340245
Dims: 24 x 23 x 4 / Shelf



Super easy assembly with interlocking joints. Pre-drilled screw holes and 16 screws included.



Contour Kettlebells

Contour Kettlebells

GoFit's Patented Contour Kettlebells provide a unique, contoured shape that is ergonomically designed to wrap around the wrist and forearm, providing a much more comfortable Kettlebell experience. The handle is sanded and smooth-painted for a comfortable grip.

Each Contour Kettlebell comes with the **NEW** Hardstyle Kettlebell Workout DVD designed and performed by Brook Benton, M.Ed., ACSM Certified Exercise Physiologist. With her fun, informative style, Brook demonstrates how to safely and effectively use GoFit Kettlebells with Technique Tutorials. Then she leads you through a cardio-pumping, fat-shredding Variable Intensity Interval Workout (Wheel Workout) that tones muscle, and increases strength and stability. If there is still gas left in the tank, Brook guides you through a Core Bonus workout that incorporates the Turkish Get Up. Whatever the fitness level, Brook keeps you focused and energized!

Master Pack: 2 / Shelf

Model Number: **GF-CKB7**
UPC: 687339621009
Dims: 6.5 x 3.5 x 7.5

Model Number: **GF-CKB25**

UPC: 687339621047
Dims: 9 x 5 x 10.5

Master Pack: 1 (CKB10 - 45) / Shelf

Model Number: **GF-CKB10**
UPC: 687339621016
Dims: 8 x 3.75 x 8

Model Number: **GF-CKB35**

UPC: 687339621054
Dims: 9.5 x 5.75 x 10.5

Model Number: **GF-CKB15**

UPC: 687339621023
Dims: 8.25 x 4.75 x 9

Model Number: **GF-CKB45**

UPC: 687339621061
Dims: 9.5 x 6.75 x 11

Model Number: **GF-CKB20**

UPC: 687339621030
Dims: 8.75 x 4.75 x 10

US Patent # 8,784,280



Created & Performed by
Brook Benton
M.Ed., ACSM-Certified Exercise Physiologist

Featuring the
NEW Hardstyle 40-min Kettlebell Workout DVD
with Technique Tutorials,
Variable Intensity Interval Workout, & Core Bonus.



Ergonomic Design

Comfort Fit



Kettlebells

BROOK BENTEN, M.ED., ACSM-CERTIFIED EXERCISE PHYSIOLOGIST

GoFit is proud to have Brook as our Lead Education & Training Expert. She is a certified Exercise Physiologist through the American College of Sports Medicine, and ACE-certified Personal Trainer. She has achieved the highest-regarded kettlebell certifications: RKC, SFG I, and StrongFirst Girya Level II. She is also Founder and President of CardioPump™ Fitness, an Austin, Texas-based kettlebell education provider for NIRSA college and universities' recreation centers throughout the United States.

Kettlebells

Make fitness fun while you learn the nation's hottest workout! Break a serious sweat and exercise in half the time of traditional training, producing twice the results. Get transformed into a lean, strong, fat-burning machine. Look and feel your best as you develop functional strength to power up your heart for boundless energy and challenge your body from all angles.

Each Kettlebell comes with the **NEW** Hardstyle Kettlebell Workout DVD designed and performed by Brook Benten. With her fun, informative style, Brook demonstrates how to safely and effectively use GoFit Kettlebells with Technique Tutorials. Then she leads you through a cardio-pumping, fat-shredding Variable Intensity Interval Workout (Wheel Workout) that tones muscle, and increases strength and stability. If there is still gas left in the tank, Brook guides you through a Core Bonus workout that incorporates the Turkish Get Up. Whatever the fitness level, Brook keeps you focused and energized!

Master Pack: 2 / Shelf
Model Number: **GF-KBELL7D**
UPC: 687339612090
Dims: 6.25 x 3.5 x 6

Model Number: **GF-KBELL35**
UPC: 687339612304
Dims: 8 x 6.5 x 11

Master Pack: 1 (KBELL10 - 45) / Shelf
Model Number: **GF-KBELL10**
UPC: 687339612106
Dims: 6.7 x 4.3 x 7.5

Model Number: **GF-KBELL45**
UPC: 687339612403
Dims: 9 x 7 x 12.25

Model Number: **GF-KBELL15**
UPC: 687339612151
Dims: 7.5 x 5 x 8.75

Model Number: **GF-KBELL20**
UPC: 687339612205
Dims: 8 x 5.5 x 9

Model Number: **GF-KBELL25**
UPC: 687339612250
Dims: 8.5 x 5.8 x 9.5



Created & Performed by
Brook Benten
M.Ed. ACSM-Certified Exercise Physiologist

Featuring the
**NEW Hardstyle 40-min
Kettlebell Workout DVD**



Iron handle has coated texture for easy, comfortable gripping

Durable rubberized coating is color-coded by weight and easy on your floors



Training Media

Kettlebell Butts & Guts DVD

Cardio, Power & Strength all in one great workout. This is an extremely intense workout, designed for the fitness enthusiast seeking a higher level in human performance. Kettlebell: Butts & Guts trains power, cardio and strength, and delivers one enormous kick in the pants in all three categories. Be ready to shake up your routine, shock your body and rock your world. See more about Brook Benten in the GoFit Fitness Expert Section of our website.

Model Number: **GF-KBBG**
Running Time: 65 minutes
Master Pack: 6
UPC: 687339612946
Dims: 7.5 x 5.5 x .6 / Shelf



Cardio Pump Fusion DVD

CardioPump Fusion takes the mundane out of your aerobic routine. Shock your body with this intense fusion of Power Yoga, Bootcamp, Kickboxing, Plyometrics and Sports Drills. Also, mix things up with Brook's two featured Kettlebell workouts. Put a fork in your stale workout and open your mind to an alternative where you can have it all; a change, a challenge and a total body metamorphosis.

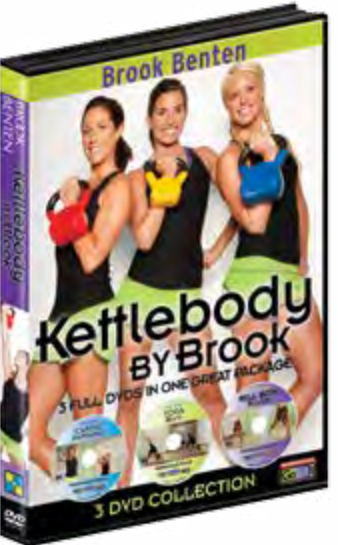
Model Number: **GF-CARDP**
Running Time: 75 minutes
Master Pack: 6
UPC: 687339612939
Dims: 7.5 x 5.5 x .6 / Shelf



Kettlebody by Brook DVD

Kettlebody by Brook is a boxed set of three DVDs: Cardio Kettlebell (30-min cardio, power, strength workout), Yogaburn (30-minutes of Power Yoga blended with Athletic Conditioning: cardio, strength, and flexibility), and Bell Body Sculpt (30-minutes of full-body toning, using your body weight and a kettlebell).

Model Number: **GF-KBBB**
Master Pack: 6
UPC: 687339612953
Dims: 7.5 x 5.5 x .6 / Shelf



Stability Ball

Standard Stability Ball

The GoFit Stability Balls are designed to stretch, tone and tighten your entire body. The exercise challenge from working out on an unstable surface engages your core stabilizer muscles that are not normally challenged when on a stable surface. Each kit includes the ball, foot pump, printed workout sampler and ball plugs.



55cm Exercise Ball

- Inflatable 55cm Stability Ball
- Workout Sampler
- Ball Plugs & Air Pump

Model Number: **GF-55BALL**
Master Pack: 4
UPC: 687339202611
Dims: 7.25 x 7.25 x 7.25 / Shelf



65cm Exercise Ball

- Inflatable 65cm Stability Ball
- Workout Sampler
- Ball Plugs & Air Pump

Model Number: **GF-65BALL**
Master Pack: 4
UPC: 687339202604
Dims: 7.25 x 7.25 x 7.25 / Shelf



75cm Exercise Ball

- Inflatable 75cm Stability Ball
- Workout Sampler
- Ball Plugs & Air Pump

Model Number: **GF-75BALL**
Master Pack: 4
UPC: 687339202628
Dims: 7.25 x 7.25 x 7.25 / Shelf



1000 LBS.
WEIGHT-RATED

*Static weight capacity

Stability Ball

ProBall Stability Ball

The GoFit ProBall is a great solution for any individual looking for durability and a ball that can handle high use and significant weight. This ball is weight rated to 2000lbs* and will withstand maximum usage. Exercises are printed directly on the ball itself for reference. The ProBall's textured pattern makes it more slip-resistant. Each ball comes with a training DVD led by Brook Benteen, a workout manual, ball plugs, and a time saving dual action air pump.

2000 LBS.
WEIGHT-RATED

*Static weight capacity



55cm ProBall

- Professional Grade 55cm Inflatable Ball
- Brook Benteen Training DVD & Training Manual
- 2 Ball Plugs & Air Pump

Model Number: **GF-55PRO**
Master Pack: 4
UPC: 687339202741
Dims: 7.25 x 7.25 x 10.25 / Shelf



65cm ProBall

- Professional Grade 65cm Inflatable Ball
- Brook Benteen Training DVD & Training Manual
- 2 Ball Plugs & Air Pump

Model Number: **GF-65PRO**
Master Pack: 4
UPC: 687339202758
Dims: 7.25 x 7.25 x 10.25 / Shelf



75cm ProBall

- Professional Grade 75cm Inflatable Ball
- Brook Benteen Training DVD & Training Manual
- 2 Ball Plugs & Air Pump

Model Number: **GF-75PRO**
Master Pack: 4
UPC: 687339202765
Dims: 7.25 x 7.25 x 10.25 / Shelf



Balance & Core Stability

Balance & Core Stability

Fitness Hoop

The GoFit Fitness Hoop is an exciting fitness tool that achieves superior results for any workout, or weight loss goal. With it's segmented design and quick, snap-together assembly, the GoFit Fitness Hoop is a portable cardio workout that builds core strength, tones and tightens the mid section, and improves posture and balance. The GoFit Fitness Hoop is perfect for anyone looking for a fun new way to get fit in a snap!

- Soft, foam-wrapped Fitness Hoop for a comfortable workout.
- Segmented for easy portability.
- Quick, snap-together assembly.
- 46-min. Training DVD included.
- One Size Fits Most
- Weight: 3lbs

Includes: Fitness Hoop & "Cardio Hoop" Training DVD

Model Number: **GF-SFH3**
Master Pack: 2
UPC: 687339600738
Dims: 17.5 x 8.75 x 3 / Shelf



Quick, Snap-Together Assembly



20cm Core Ab Ball

The GoFit Core Ab Ball including the Intro to Core Ab Ball DVD, are designed to maximize the time you spend strengthening your abdominals. The Core Ab Ball intensifies work for the middle muscles and provides more effective toning for the abs. Nationally- acclaimed fitness instructor, Brook Bente, M.Ed., ACSM-HFS, explains the anatomy of the muscles and how they fire during core-focused movements.

Includes: Ab Ball, Training DVD, & Inflation Tube

Model Number: **GF-20BALL**
Master Pack: 4
UPC: 687339202635
Dims: 8.25 x 8.25 x 3.25 / Shelf



Balance & Core Stability

Balance & Core Stability

Core Disk

The 13" GoFit Core Disk is an excellent tool to add an extra level of difficulty to any workout including Yoga or Pilates routines, while working to increase your balance and working your stabilizing muscles. Easy to clean rubber disk can be inflated or deflated to adjust the difficulty level. The disk comes with a training manual to lead you through a great core training routine utilizing the Core Disk, and a standard ball/tire pump needle. *Pump not included.*

Includes: Core Disk & Training Manual

Model Number: **GF-CDISK**
Master Pack: 2
UPC: 687339453006
Dims: 13 x 13 x 3.5 / Shelf

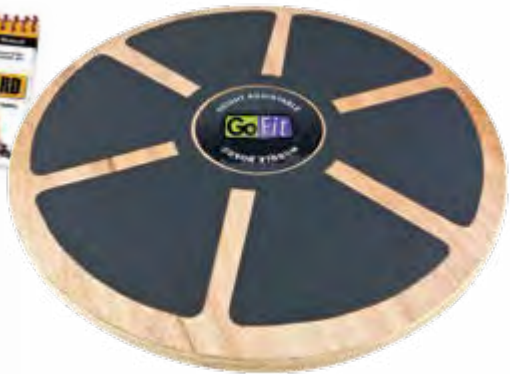


Height Adjustable Wood Wobble Board

The 15" round Premium Wood Wobble Board features a non-slip surface and easy to adjust height, making this a great tool for any balance, strength training, or rehab program. The adjustable base increases, or decreases, the difficulty of each exercise—making this the perfect tool for any fitness level.

Includes: Wobble Board & Training Manual

Model Number: **GF-RWBBA**
Master Pack: 2
UPC: 687339454027
Dims: 16 x 4 x 15.5 / Shelf



Adjustable height for variable difficulty.



Body Weight Training

Chin Up Bar

Not only is the bar perfect for chin-ups, its can also be used as a foot anchor for sit-ups and crunches. The GoFit Chin Up bar will adjust to fit most standard width interior door frames. Before using, always make sure that the brackets are properly mounted and the bar is securely adjusted to fit mounting brackets.

Model Number: **GF-CUB**
Master Pack: 4
UPC: 687339202208
Dims: 30 x 2 x 3 / Shelf



Elevated Chin Up Station

The Elevated Chin Up Station takes chin ups to a new level—literally. Our multi-use Chin Up Station incorporates a new patent-pending design which elevates you above the door frame giving more clearance and a full range of motion for a better workout. The unit has 3 foam hand grip locations and padded tubing where the unit contacts with the door frame.

The Chin Up Station can be used for chin ups and pull ups in several hand positions at two elevations, as well as sit ups, pushups and dips when mounted low or placed on the floor. Abdominal straps are sold separately and are great for working your abs and obliques. Ab Strap eye bolts are included with the ECS and are easy to install.

Includes: Elevate Chin Up Station with Assembly Hardware and Instructions, & Training Manual

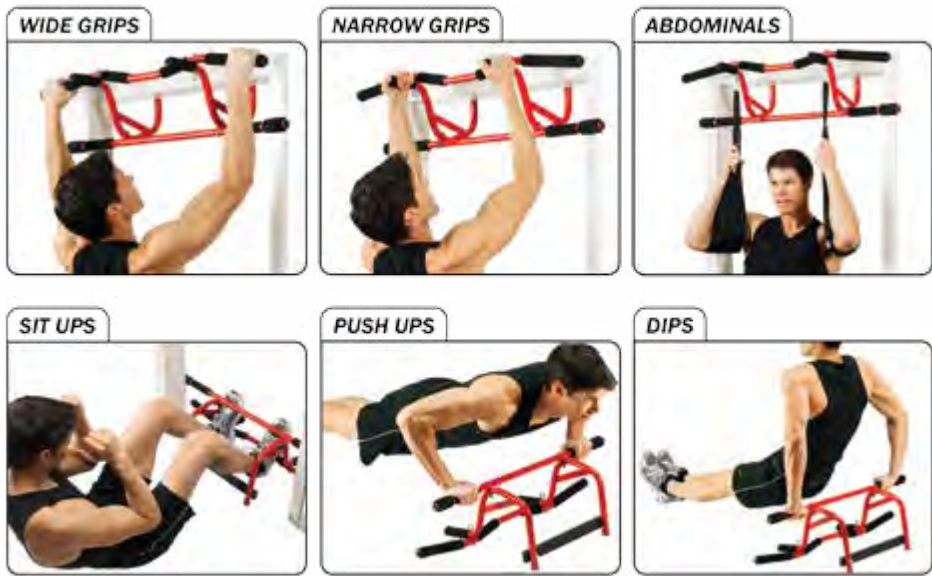
Model Number: **GF-ECS**
Master Pack: 2
UPC: 687339202451
Dims: 21 x 4.5 x 11.25 / Shelf



Patented Elevated Bar Design for a Full Range of Motion

Multiple hand positions at two elevations, as well as sit ups, pushups and dips when mounted low or placed on the floor.

Mounts instantly in doorway with no screws.



*Fits most standard doorways. Abdominal Straps sold separately.

Body Weight Training

Gravity Straps

The GoFit Gravity Straps harness your body weight, making it all the resistance you need for a variety of total-body exercises. This ideal fitness tool installs into your doorway in seconds with no hardware, offering a super-effective workout that's ultra convenient to use at home and when traveling. Build strength, increase your balance and gain core stability for a better lifestyle.

Includes: GoFit Gravity Straps with Door Anchors, Handles, Ankle Cradles, Mesh Travel Bag, & Training Manual

Model Number: **GF-GS**
Master Pack: 2
UPC: 687339203205
Dims: 8.5 x 4 x 8.5 / Shelf



Gravity Bar

Use your own body weight to build strength and increase core stability while developing balance and muscle tone. Bring Body-Weight training into your home for the first time, using the revolutionary new GoFit Gravity Bar®, which easily and securely mounts in any standard door frame, with included hardware. Fits framed doorway sizes 27 to 36 inches.

Includes: Easily and securely-mountable Gravity Bar; mounting hardware; 2 variable length straps; 2 comfort grip foam handles; 2 padded cradle straps; training DVD with professional guidance & coaching; & laminated exercise booklet.

Model Number: **GF-GBAR**
Master Pack: 1
UPC: 687339202994
Dims: 28.25 x 14.25 x 4 / Shelf



Weighted Resistance

Pro Weighted Vest - 20lb - 40lb

The GoFit weighted Pro Vest sports an all-new design, now incorporating performance materials with improved features for greater function. It all adds up to a more efficient workout for maximum results.

Includes: One GoFit Pro Vest,
16 Weight Bags (GF-PV20)
28 Weight Bags (GF-PV40)

- Adjustable weight pockets
- Balanced front-and-back weight distribution
- Moisture-resistant media player pocket
- Ventilating mesh body
- Fully adjustable
- One Size Fits Most

A) Model Number: **GF-PV20**
Master Pack: 1
UPC: 687339202925
Dims: 11.75 x 14 x 5 (20lb)

B) Model Number: **GF-PV40**
Master Pack: 1
UPC: 687339202949
Dims: 19 x 14 x 5 (40lb)



Weighted Resistance

Weighted Vest - 10lb - 20lb - 40lb

The GoFit Weighted Vests are perfect for adding resistance to a workout. The GoFit 10LB Walking Vest is perfect for adding light resistance to a walk or workout. The GoFit 20 and 40LB Vests are perfect to use during aerobics, football or even for training for the Fireman's Academy. Adjustable in weight, it comes with multiple weight packets which can be easily removed. Designed to fit both men and women with their unique one size fits all double closure system. Featuring neoprene padding throughout the chest and shoulders with steel shot packets that conform to the body for total comfort and has reflective elements for night safety.



Model Number: **GF-WV10**
Master Pack: 2
UPC: 687339202826
Dims: 10.5 x 7.375 x 5.25 / Shelf

Model Number: **GF-WV20**
Master Pack: 1
UPC: 687339202802
Dims: 12.625 x 9.125 x 5.75 / Shelf

Model Number: **GF-WV40**
Master Pack: 1
UPC: 687339202819
Dims: 17.125 x 11 x 4.75 / Shelf



GF-WV10 & GF-WV20
Weighted Vest



GF-WV40
Weighted Vest

Weighted Aerobic Gloves

The GoFit Weighted Aerobic Gloves improve endurance, and increase workout intensity and conditioning. The open-palm, form-fitting design makes the GoFit Weighted Aerobic Gloves comfortable and perfect for any workout level. Whether you are walking, or in the midst of a cardio-blasting session, the adjustable 2lb pair will boost calorie burn and maximize the results of every workout!

- 2 Weighted Aerobic Gloves (≈1lb/.45kg per glove)
- 4 Weight Inserts — 2 inserts per glove (≈.5lb/.226kg each)
- Zipper-secured pockets for weight inserts.
- Form-fitting, comfortable design.
- One Size Fits Most

Model Number: **GF-WAG**
Master Pack: 4
UPC: 687339984203
Dims: 6.75 x 4.25 x 2.5 / Shelf



4 Weight Inserts —
2 inserts per glove
(≈.5lb/.226kg each)



Weighted Resistance

Padded Pro Ankle Weights - 5lb - 10lb

The GoFit Padded Pro Ankle Weights are ideal for rehab and improving lower body strength. Ankle weights are one of the best ways in which to add resistance to your lower body training, by targeting certain muscle groups. The leg and hip joint are like a lever and fulcrum. With the hip being the fulcrum, the farther away the weight, the harder it is to lift and balance. The same can be said for the knee joint as well. By adding a minimum amount of weight, the leg muscles must exert considerable effort to lift and balance the weights, which provides maximum results.

- Padded ‘soft-touch’ interior provides superior comfort.
- Weight-Bar-Pockets made of heavy canvas with durable rubber-capped Velcro closures.
- Secure nylon strap with Velcro closure.
- Heavy-duty edge trim.

Model Number: **GF-P5W**
1 pair- 5lbs total weight
(2.5lbs each/ 5lb pair)
Master Pack: 4
UPC: 687339202505
Dims: 7.25 x 6 x 4 / Shelf

Model Number: **GF-P10W**
1 pair- 10lbs total weight
(5lbs each/ 10lb pair)
Master Pack: 3
UPC: 687339202512
Dims: 7.25 x 6.25 x 4 / Shelf



Ankle Weights - 5lb - 10lb

GoFit Ankle Weights are an excellent way to add resistance for both training and rehabilitation. These traditional ankle weights are weight adjustable. The 5lb and 10lb sets are constructed of heavy-duty nylon canvas for rugged durability, with removable granulated steel shot packets for comfort. Zipper closure holds the weight packets in place.

Model Number: **GF-5W**
1 pair- 5lbs total weight
(2.5lbs each/ 5lb pair)
Master Pack: 4
UPC: 687339202406
Dims: 7 x 3.5 x 5.5 (5lb) / Shelf

Model Number: **GF-10W**
1 pair- 10lbs total weight
(5lbs each/ 10lb pair)
Master Pack: 3
UPC: 687339202413
Dims: 7 x 4 x 6 (10lb) / Shelf



Sports Performance

Agility Ladder

The GoFit Agility Ladder is used to increase speed and agility. The ladder is 15ft long and can be used on indoor and outdoor surfaces.

- Agility Ladder, Length: 15ft (4.57m)
- Durable design
- Snaps to extend ladder with an additional GoFit Agility Ladder to create a longer distance.
- Grommets for anchoring, or staking, to the ground.
- *ANCHORS AND STAKES NOT INCLUDED
- Carry Bag
- GoFit Agility Ladder folds neatly into Carry Bag for easy portability and storage

Model Number: **GF-AGLAD**
Master Pack: 2
UPC: 687339480118
Dims: 21.5 x 4 x 6 / Shelf



Power Chute

The GoFit Power Chute is designed to increase athletic speed and power.

- One Large Power Chute with tether (up to 25lbs of drag)
- Adjustable Belt—FITS MOST
- Carry Bag

Model Number: **GF-PARAC**
Master Pack: 2
UPC: 687339480323
Dims: 10 x 5 x 10 / Shelf



Power Sled

The GoFit Power Sled is used to increase athletic speed and power. The durable steel sled has a rubber base and Olympic-weight-compatible post for adding resistance.

- One Steel Powdercoated Power Sled with Harness & Connecting Strap

Model Number: **GF-WTSLD**
Master Pack: 1
UPC: 687339480415
Dims: 30 x 17.75 x 4.5 / Shelf



Gloves

Gloves

Men's Cross Training Gloves

The GoFit Xtrainer Cross Training Glove has an advanced, ergonomic palm design with padded palm pressure points, offering great comfort with a confident grip.

Durable, high-performance materials and progressive design, make the Xtrainer Glove, with ergonomic palm a superior entry-level glove in the GoFit glove line.

- Ergonomic Padded Palm Pressure Points
- Superior Grip Etched, Synthetic Leather Palm
- Thermal Regulating Mesh Back
- Finger Pull Tabs for Easy On and Off

Model Number: **GF-CT-MED**
Master Pack: 6
UPC: 687339981110
Dims: 4.5 x 1.75 x 12 / Peg

Model Number: **GF-CT-XLG**
Master Pack: 6
UPC: 687339981134
Dims: 4.5 x 1.75 x 12.5 / Peg

Model Number: **GF-CT-LG**
Master Pack: 6
UPC: 687339981127
Dims: 4.5 x 1.5 x 12.25 / Peg

Women's Cross Training Gloves

Model Number: **GF-WCT-SM**
Master Pack: 6
UPC: 687339981004
Dims: 4.5 x 1.75 x 10.75 / Peg

Model Number: **GF-WCT-MED**
Master Pack: 6
UPC: 687339981011
Dims: 4.5 x 1.75 x 11 / Peg

Model Number: **GF-WCT-LG**
Master Pack: 6
UPC: 687339981028
Dims: 4.5 x 1.75 x 11.5 / Peg



Ergonomic padded palm pressure points with superior grip synthetic leather palm.



Thermal regulating back.

Gloves

Gloves

Diamond-Tac Wrist Wrap Training Gloves

- **Diamond-Tac Palm** for Superior Grip
- Finger Loop for easy hand insertion and pull tab on finger for easy removal.
- Rubberized reinforced canvas thumb and forefinger for greater gripping power.
- Synthetic leather etched wrist wrap with adjustable hook-and-loop closure.
- Reinforced stitching on fingers.
- Machine Washable

Model Number: **GF-DTACW-MED**
Master Pack: 6
UPC: 687339930019
Dims: 5.5 x 2 x 11 / Peg

Model Number: **GF-DTACW-LG**
Master Pack: 6
UPC: 687339930026
Dims: 5.5 x 2 x 11.5 / Peg

Model Number: **GF-DTACW-XLG**
Master Pack: 6
UPC: 687339930033
Dims: 5.5 x 2 x 12 / Peg

Model Number: **GF-DTACW-XXL**
Master Pack: 4
UPC: 687339930040
Dims: 5.5 x 2 x 12.5 / Peg



Men's Sport-Tac Pro Trainer Gloves

- **Sport-Tac Palm** for Superior Gripping
- Reinforced stitching on fingers.
- Terry Cloth Thumb
- Neoprene knuckle panel for increased flexibility.
- Four-way stretch back for superior comfort.
- Pull-tab finger for easy removal.
- Synthetic leather palm for durability.
- Adjustable Closure
- Easy-On Finger Loop



Model Number: **GF-DTAC2-MED**
Master Pack: 6
UPC: 687339922014
Dims: 5 x 1.5 x 11 / Peg

Model Number: **GF-DTAC2-LG**
Master Pack: 6
UPC: 687339922021
Dims: 5 x 1.75 x 11.25 / Peg

Model Number: **GF-DTAC2-XLG**
Master Pack: 6
UPC: 687339922038
Dims: 5 x 1.75 x 11.5 / Peg

Gloves

Gloves

Women’s Sport-Tac Pro Trainer Gloves

GoFit Women’s Pro Trainer Glove with Sport-Tac palm provides comfort and control for all weight training applications.

- **Sport-Tac Palm** for Superior Gripping
- Reinforced Fingers
- Diamond-knit back for superior stretch and comfort.
- Reinforced split opening for easy on/off.
- Adjustable Closure
- Pull-tab finger for easy removal.
- Synthetic leather palm for great durability.
- Double-layer palm, padded for comfort.
- Easy-On Finger Loop

Model Number: **GF-PTAC2-SM**
Master Pack: 6
UPC: 687339941015
Dims: 5 x 1.75 x 9.25 / Peg

Model Number: **GF-PTAC2-LG**
Master Pack: 6
UPC: 687339941039
Dims: 5 x 1.75 x 9.75 / Peg

Model Number: **GF-PTAC2-MED**
Master Pack: 6
UPC: 687339941022
Dims: 5 x 1.75 x 9.5 / Peg



Women’s Pearl-Tac Pro Trainer Gloves

GoFit Women’s Pro Trainer Glove with Pearl-Tac technology provides comfort and control for all weight training applications. The unique design has an anatomically-cut palm with a tacky surface for extra grip as well as light gel padding. The fabric will breathe and is fully machine washable. Synthetic leather is used in the palm of the glove with a canvas reinforcement between the thumb and forefinger for extra durability. The back of the thumb has a terry cloth surface to wipe your brow without needing a towel. The middle finger has a pull tab to allow for simple glove removal.

- **Pearl-Tac Palm** Provides Superior Gripping
- Rubberized, reinforced canvas on thumb and forefinger for more gripping power.
- Terry Cloth Thumb

Model Number: **GF-PTACP-SM**
Master Pack: 6
UPC: 687339940223
Dims: 5 x 1.75 x 9.25 / Peg

Model Number: **GF-PTACP-MED**
Master Pack: 6
UPC: 687339940230
Dims: 5 x 1.75 x 9.5 / Peg

Model Number: **GF-PTACP-LG**
Master Pack: 6
UPC: 687339940247
Dims: 5 x 1.75 x 9.75 / Peg



GoFit Yoga

GoFit Yoga

Yoga Strap

In yoga, attaining and holding poses is key. The GoFit 8-ft Yoga strap is easy to grip and enhances flexibility. Made of web-weaved 100%-cotton, it feels softer and thicker for a better grip, with durable flex to extend your reach. Make every move count with GoFit’s 8-ft Yoga Strap.

Includes: 8' Yoga Strap
Model Number: **GF-YS**
Master Pack: 4
UPC: 687339300065
Dims: 3 x 3.5 x 7.5 / Peg - Shelf

Yoga Block

The GoFit Yoga Block is made of dense, smooth-grip foam. It is lightweight and oversized to really stand up to yoga’s challenges. The Yoga Block helps to achieve deep stretches with correct alignment for each pose, and assists with poses to keep perfect form for maximum benefit for any level of flexibility.

Includes: Yoga Block
Model Number: **GF-YB-GY**
Master Pack: 4
UPC: 687339300010
Dims: 9 x 4 x 6 / Peg - Shelf



Yoga Sock

GoFit Yoga Socks increase stability and balance with a non-slip grip. Ideal for Yoga or Pilates, our unique “toe mitten” design uses flexible materials and gripping dots so each exercise may be performed with confidence and comfort.

Size Available:
• Small/Medium
* Women’s shoe 5-10 / Men’s shoe 4-9 / EU 36-42
• Socks: 80% Cotton, 20% Spandex;
Gripping Dots: 100% PVC

Includes: One Pair GoFit Yoga Socks
Model Number: **GF-YSOCK-S/M**
Master Pack: 6
UPC: 687339300003
Dims: 9.5 x 3.75 x .5 / Peg



Yoga Kit

The GoFit Complete Yoga Kit has everything one needs for a complete yoga workout. Perfect for anyone just getting started or needing an extra yoga kit to take anywhere.

Includes:

- Non-slip Yoga Mat - 24" Wide x 68" Long
- One Durable Blue Foam Block - 3" x 9" x 6"
- One Cotton Strap - 70"
- Nylon Carrying Bag with Shoulder Strap
- Wall Chart Showing Proper Use and Technique

Model Number: **GF-YOGAK**
Master Pack: 2
UPC: 687339300508
Dims: 24.75 x 5 x 8.25/ Shelf




Summit Mat

The GoFit Summit Mat performs at the top of its class in features and benefits. You get superior grip, with optimal lightweight cushioning, in an eco-friendly mat. The durable, 4mm-thick, layered construction is made to use day-in and day-out. At home or on the go, roll out the Summit Mat for all types of yoga practice or any exercise you choose.

- 71" Long x 26" Wide
- 4mm Thickness
- Eco-Friendly — OEKO-TEX certified production for non-toxic emissions.
- Superior Grip
- Lightweight
- Durable
- Latex

Model Number: **GF-YMAT-E**
Master Pack: 2
UPC: 687339300539
Dims: 26 x 4 x 4 / Shelf



Yoga Mat

The GoFit Yoga Mat provides an excellent non-slip surface which is ideal for yoga practice and stretching routines. This mat has a cushioned, airy surface, providing comfort and protection during specific yoga poses or Pilates mat work. The mat easily rolls up for storage and wipes clean with a damp cloth.

Length: 68" Width: 24"

Includes: Yoga Mat & Yoga Training Poster

Master Pack: 2
Dims: 23.5 x 4.75 x 4.75 / Shelf

A) Model Number: **GF-YOGA (Blue)**
UPC: 687339300126

B) Model Number: **GF-YOGA-G (Grey)**
UPC: 687339300157

C) Model Number: **GF-YOGA-PK (Pink)**
UPC: 687339300188



Double-Thick Yoga Mat

The GoFit Double Thick Yoga Mat is double-cushioned closed cell foam with a non-slip surface providing extra comfort and protection for yoga poses, pilates exercises, and stretching routines. The Double Thick Yoga Mat easily rolls up for storage and wipes clean with a damp cloth, making every session doubly effective and efficient.

- Extra Cushion—7mm double-thick closed cell foam.
- Superior comfort for yoga, pilates and stretching exercises.
- Textured surface for secure footing and added grip.
- Length: 68" Width: 24"

Model Number: **GF-2XYOGA**
Master Pack: 4
UPC: 687339300140
Dims: 24 x 6 x 6 / Shelf



Designer Yoga Mats

The inspirational GoFit Designer Yoga Mats express personal style while enlivening workouts at home or the studio. Closed-cell foam with a non-slip surface provides comfort and protection for yoga poses, pilates exercises, and stretching routines. The Designer Yoga Mats easily roll up for storage and wipe clean with a damp towel, making every session revitalizing, effective, and efficient.

Length: 68" Width: 24"


Includes: Yoga Mat & Yoga Training Poster

Master Pack: 2
Dims: 23.5 x 4.75 x 4.75 / Shelf

"Hummingbird Garden"
Model Number: **GF-PYM-GRN**
UPC: 687339300201

"Zen Lotus"
Model Number: **GF-PYM-PRPL**
UPC: 687339300300

"Tranquil Bubbles"
Model Number: **GF-PYM-BLU**
UPC: 687339300409



Mats

Mats

Fit Mat

The GoFit Fit Mat is an absolute must for performing all the various forms, exercises and methods pertaining to fitness activities in comfort and style. This 3/8-inch-thick gray mat is designed to be soft yet durable. It has a ribbed surface for a better feel during use and to help with non-slip performance. It measures 24" wide by 72" long. The mat comes with a convenient roll and go carry strap.

Model Number: **GF-FTMAT**
Master Pack: 2
UPC: 687339300171
Dims: 24 x 6 x 6 / Shelf



Pilates Mat

The GoFit Pilates Mat is an absolute must for performing all the various forms, exercises and methods pertaining to Pilates in total comfort and style. Our mat is a 1/2 inch thick to provide a soft, yet durable design. It also has a ribbed surface for a better feel during use and to help with non-slip performance. It measures a full 2 feet wide by 6 feet long, large enough for almost anyone to use.

Model Number: **GF-PMAT**
Master Pack: 2
UPC: 687339300133
Dims: 24 x 7.5 x 7.5 / Shelf



Mats

Mats

Ribbed Core Mat

The GoFit Core Fitness Mat is designed with comfort, easy transportation and storage in mind. It comes with padded foam ribs that help the mat keep its shape. The quilted material is easy to roll up and carry with the attached handles. The GoFit Fitness Mat is comfortable, lightweight, durable, machine washable and easy to transport. This mat is 24" x 48" long.

Model Number: **GF-RMAT**
Master Pack: 2
UPC: 687339300058
Dims: 24.5 x 5.75 x 5.75 / Shelf



Aerobic Mat

GoFit Aerobic Exercise Mat is perfect for workouts that include floor exercises such as sit-ups, crunches, leg lifts or any floor routines where you may be on your knees or back. This mat folds for easy storage and features a convenient carrying handles. It features a 2 inch thick foam base with a heavy duty vinyl allowing for easy care and cleaning. The mat is 24" wide by 66" long.

Model Number: **GF-AM6**
Master Pack: 3
UPC: 687339302007
Dims: 24 x 17.25 x 6.75 / Shelf



Jump Ropes

Heavy Jump Rope

The GoFit Heavy Jump Rope Workout is an all out cardio-blasting, fat-shredding workout. The 1.5 lb jump rope increases cardio resistance, while providing superior grip and comfort with the soft foam handles and swivel-action connection.

*The 9ft Heavy Jump Rope is adjustable in length.
The rope is weighted—not the handles for greater resistance.*

Model Number: **GF-WJR**
Master Pack: 4
UPC: 687339200907
Dims: 8 x 4 x 12.5 / Peg



Lightning Rope

Ideal workout gear to go, the new GoFit Lightning Rope quickly stows into its own compact travel canister. The slim-line handle design and durable flex rope are the perfect lightweight components for speed rope training. Get optimal cardio benefits, while strengthening your core and toning your body with lightning-fast results.

- Improve cardio endurance
- Strengthen core and tone muscles
- Comfortable, lightweight handles
- Three translucent color assortment
- Compact and portable

Model Number: **GF-LTR**
Master Pack: 12
UPC: 687339200617
Dims: 9 x 6.75 x 11.25 / Peg - Shelf



Jump Ropes

Classic Jump Rope

The GoFit Classic Jump Rope will provide jumpers at any experience level a great cardio workout. The Classic Jump Rope has solid wood handles and a 9ft soft durable polypropylene rope.

Model Number: **GF-PR**
Master Pack: 6
UPC: 687339200501
Dims: 5.5 x 1.75 x 8.75 / Peg



Speed Jump Rope

The GoFit Speed Rope is the best way to use and obtain one of the most efficient cardio workouts possible. The 9ft adjustable PVC rope combined with the precision ball bearings in the handles give you maximum rotation for your jumping routine. The padded foam grips help fight hand fatigue so you can reach your target heart rate quicker and maintain your pace more comfortably.

Model Number: **GF-SR**
Master Pack: 6
UPC: 687339200105
Dims: 7 x 2 x 9 / Peg



Beaded Rope

The GoFit Beaded Jump Rope is a great rope to begin your cardio training. The 9ft Beaded Jump Rope is adjustable in length and the beaded segments make this a very rugged and dependable product. Great for all ages.

Model Number: **GF-BR**
Master Pack: 4
UPC: 687339200204
Dims: 6.75 x 2 x 9 / Peg - Shelf



Jump Ropes

Leather Rope

The GoFit Leather Jump Rope is the classic boxer's training rope. It comes with a solid leather rope, precision ball bearings and contoured foam grip handles. This 9ft adjustable jump rope is perfect for long sessions at the gym or if you just want that lean, mean boxer look.

Model Number: **GF-LR**
Master Pack: 6
UPC: 687339200303
Dims: 6 x 1.5 x 9 / Peg



Weighted Speed Rope

Jumping rope is one of the most efficient methods of cardio training ever developed. By using the GoFit Weighted Jump Rope you are adding another dimension to your training. You will be working and developing muscles in your arms and wrists with the 1/2 pound handles while training your cardiovascular system with the smooth action 9ft adjustable PVC rope.

Model Number: **GF-WR**
Master Pack: 4
UPC: 687339200402
Dims: 6.25 x 1.75 x 8 / Peg - Shelf



Basic RopeSport Speed Rope Kit

The Ultimate ProRope workout comes with the GoFit 9' adjustable Speed ProRope, a high energy Audio CD and an Instructional Jump Book. The Jump Book is presented by Louis Garcia, World's Greatest Jump Roper, in which he breaks down all the jumps and moves so anyone can be jumping like a pro in no time.

Model Number: **GF-SRACD**
Master Pack: 4
UPC: 687339250025
Dims: 6.25 x 1.5 x 8 / Peg - Shelf



Thermal Wear

Neoprene Waist Trimmer

The GoFit Waist Away is a neoprene waist reducing belt. It is constructed of one layer of neoprene backed by four-way stretch nylon. Wearing the Waist Away is an effective way to increase the perspiration around the mid-section of your body. It is especially effective during ab training. The added perspiration will help reduce inches and burn fat faster in that area during exercise. Fits waist sizes up to 37".

Model Number: **GF-NWT**
Master Pack: 6
UPC: 687339220004
Dims: 4 x 4 x 8 / Shelf



Pink Neoprene Waist Trimmer

Slim your appearance while burning calories and removing excess water weight. The GoFit Waist Trimmer helps tone and flatten abs, as well as provide back support for any activity.

Regular Size: Fits waist sizes up to 37"
Full Size: Fits waist sizes up to 44"

REGULAR
Model Number: **GF-PNWT-R**
Master Pack: 4
UPC: 687339220301
Dims: 6 X 2 X 9 / Shelf

FULL FIGURE
Model Number: **GF-PNWT-F**
Master Pack: 4
UPC: 687339220318
Dims: 6 X 2 X 10.25 / Shelf



Thermal Wear

Thermal Wear

Double Thick Waist Trimmer

The new GoFit Double Thick Waist Trimmer doubles down on performance features for high-end effectiveness. The thick neoprene offers superior heat retention for muscles while delivering greater back support. The Double Thick Waist Trimmer is longer in length for larger sizes.

- Double Thick, 6mm Neoprene
- New 10" width - 46" fits larger size and is fully adjustable to all sizes in between
- Superior back and core support
- Retains more heat for muscles
- Sheds more water weight

Model Number: **GF-2XNWT**
Master Pack: 4
UPC: 687339220011
Dims: 6.5 X 3 X 10.5 / Shelf



Vinyl Sweat Suit

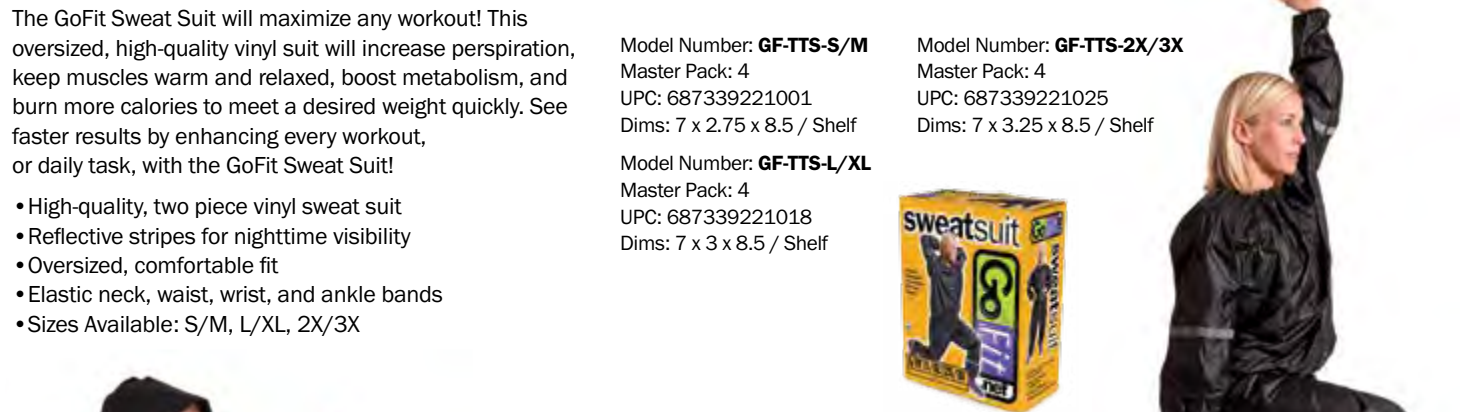
The GoFit Sweat Suit will maximize any workout! This oversized, high-quality vinyl suit will increase perspiration, keep muscles warm and relaxed, boost metabolism, and burn more calories to meet a desired weight quickly. See faster results by enhancing every workout, or daily task, with the GoFit Sweat Suit!

- High-quality, two piece vinyl sweat suit
- Reflective stripes for nighttime visibility
- Oversized, comfortable fit
- Elastic neck, waist, wrist, and ankle bands
- Sizes Available: S/M, L/XL, 2X/3X

Model Number: **GF-TTS-S/M**
Master Pack: 4
UPC: 687339221001
Dims: 7 x 2.75 x 8.5 / Shelf

Model Number: **GF-TTS-2X/3X**
Master Pack: 4
UPC: 687339221025
Dims: 7 x 3.25 x 8.5 / Shelf

Model Number: **GF-TTS-L/XL**
Master Pack: 4
UPC: 687339221018
Dims: 7 x 3 x 8.5 / Shelf



Hooded Sweat Suit

The GoFit Hooded Sweat Suit increases perspiration by capturing more body heat during regular workouts. The hood traps excess heat which aids in shedding water weight, speeding up calorie burn, and boosting metabolism while keeping muscles warm and relaxed.

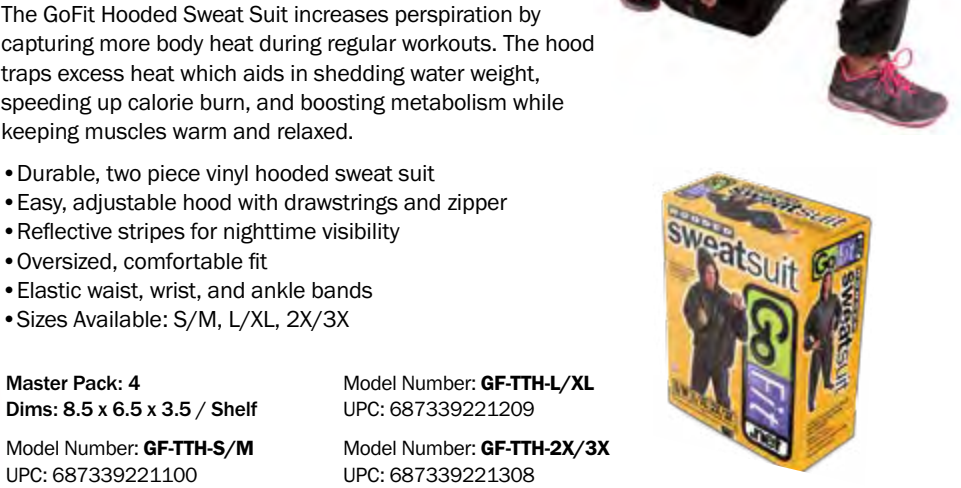
- Durable, two piece vinyl hooded sweat suit
- Easy, adjustable hood with drawstrings and zipper
- Reflective stripes for nighttime visibility
- Oversized, comfortable fit
- Elastic waist, wrist, and ankle bands
- Sizes Available: S/M, L/XL, 2X/3X

Master Pack: 4
Dims: 8.5 x 6.5 x 3.5 / Shelf

Model Number: **GF-TTH-L/XL**
UPC: 687339221209

Model Number: **GF-TTH-S/M**
UPC: 687339221100

Model Number: **GF-TTH-2X/3X**
UPC: 687339221308



Hand Grips

Hand Grips

Gel Hand Grip

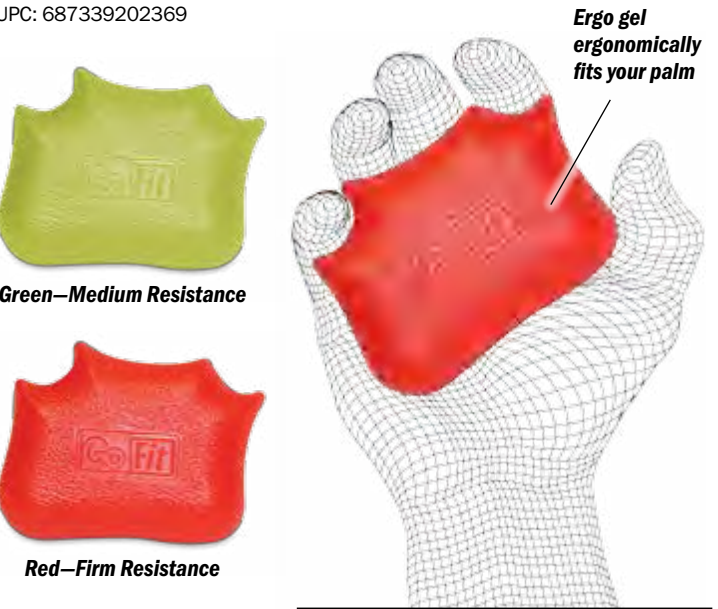
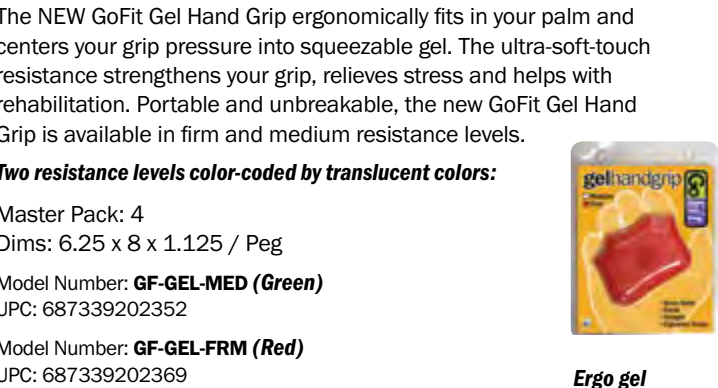
The NEW GoFit Gel Hand Grip ergonomically fits in your palm and centers your grip pressure into squeezable gel. The ultra-soft-touch resistance strengthens your grip, relieves stress and helps with rehabilitation. Portable and unbreakable, the new GoFit Gel Hand Grip is available in firm and medium resistance levels.

Two resistance levels color-coded by translucent colors:

Master Pack: 4
Dims: 6.25 x 8 x 1.125 / Peg

Model Number: **GF-GEL-MED (Green)**
UPC: 687339202352

Model Number: **GF-GEL-FRM (Red)**
UPC: 687339202369



Hand Grips

The GoFit Medium Resistance Hand Grips are an excellent and efficient training device for strengthening the hand and forearm. The heavy-duty steel spring and contoured handles provide medium resistance for consistent pressure every time you squeeze. The Medium Resistance Hand Grips are sold in pairs.

Model Number: **GF-HG**
Master Pack: 6
UPC: 687339202253
Dims: 5.5 x 1.5 x 8.5 / Peg



Hand Grip Putty

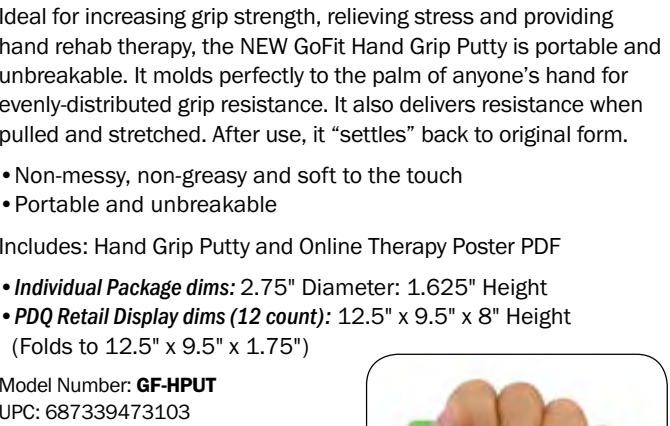
Ideal for increasing grip strength, relieving stress and providing hand rehab therapy, the NEW GoFit Hand Grip Putty is portable and unbreakable. It molds perfectly to the palm of anyone's hand for evenly-distributed grip resistance. It also delivers resistance when pulled and stretched. After use, it "settles" back to original form.

- Non-messy, non-greasy and soft to the touch
- Portable and unbreakable

Includes: Hand Grip Putty and Online Therapy Poster PDF

- **Individual Package dims:** 2.75" Diameter: 1.625" Height
- **PDQ Retail Display dims (12 count):** 12.5" x 9.5" x 8" Height (Folds to 12.5" x 9.5" x 1.75")

Model Number: **GF-HPUT**
UPC: 687339473103



Adjustable Hand Grips

The GoFit Adjustable Hand Grip adjusts tension from light to heavy by simply twisting the rubber resistance ball. It is made from heavy-duty plastic and is fitted with a hinge and rubber ball for resistance. The handles are contoured for comfort and a sure grip at all times. This is a great design for a variable resistance stress relief tool and strengthening of the hand and forearm at the same time.

Model Number: **GF-AHG**
Master Pack: 4
UPC: 687339202307
Dims: 5.5 x 1.5 x 8.5 / Peg



Traditional Fitness Accessories

Dual Exercise Ab Wheel

The GoFit Ab Wheel is an excellent way to obtain a more defined toned set of abs. The rolling action of the Ab Wheel trains both the upper and lower abdominal walls. The Ab Wheel has dual wheels and non-slip foam grip handles.

Model Number: **GF-DEW**
Master Pack: 4
UPC: 687339-202109
Dims: 8 x 3.75 x 7.75 / Shelf



Wrist & Forearm Blaster

The GoFit Wrist & Forearm Blaster strengthens and tones your hands, wrists & forearms. Heavyweight steel and chrome construction, durable nylon rope and comfortable foam grips. Works with any size standard weight plate.

Model Number: **GF-WFB**
Master Pack: 4
UPC: 687339904003
Dims: 15 x 3 x 7.5 / Peg



Push-Up Bars

The GoFit Push-Up Bars are a great way to enhance the overall development of the upper body, including both the chest and triceps. They will allow for a greater range of motion versus a regular push-up, while also helping to alleviate stress on the wrists. They provide a deeper stretch to build longer muscles. The package contains 2 bars made of high-resin plastic with foam grips. Three components per stand snap together for easy assembly.

Model Number: **GF-PUB**
Master Pack: 4
UPC: 687339202000
Dims: 9.25 x 3 x 6.25 / Shelf



Weightlifting Accessories

Cotton Wrist Straps

GoFit Cotton Wrist Straps are an excellent way to enhance your grip on almost any training bar. They are in a loop style with adjustable sizing. Great for maintaining your grip while doing pull-downs, shrugs, deadlifts, rows, etc. The package contains 2 Cotton Wrist Straps. (Each Strap 20.5" long.)

Model Number: **GF-CWS**
Master Pack: 6
UPC: 687339600400
Dims: 3.5 x 1.75 x 5.5 / Peg



Elastic Wrist Supports

GoFit Elastic Wrist Supports provides superior and comfortable support for your wrists. These feature 3 inch heavy-duty elastic, an adjustable hook and loop closure and thumb loop for easy use. These supports will wrap the wrist twice for extra support during weightlifting. The package contains 2 wrist supports.

Model Number: **GF-EWS**
Master Pack: 4
UPC: 687339600301
Dims: 6.5 x 1.5 x 6.5 / Peg



Lifting Hooks

GoFit Power Hooks are the premier grip enhancer. They fight hand fatigue allowing for a longer, more comfortable training session. They feature extra thick neoprene wrist supports for added comfort, a closure system that provides extra wrist support and 2 rugged steel hooks enclosed in a double layer of heavy duty nylon. The package contains 2 Power Hooks.

Model Number: **GF-HOOK**
Master Pack: 4
UPC: 687339600608
Dims: 6 x 2 x 8.75 / Peg



Weightlifting Accessories

Notes

Weightlifting Accessories

Olympic Barbell Pad

The high density foam of the GoFit Olympic Barbell Pad provides comfort and protection for the neck and shoulders during Olympic barbell training.

- 15mm high density foam
 - Nylon fully-covered wrap
 - Hook & loop closure
- Model Number: **GF-BPAD**
Master Pack: 4
UPC: 687339600264
Dims: 4.75 x 17.5 x 2.75 / Peg



Tricep Rope

The GoFit Tricep Rope is made of industrial strength nylon with durable rubber end caps. Solid steel hardware with the ability to fit any gym machine, makes it the perfect choice for tricep training.

- Model Number: **GF-TROPE**
Master Pack: 4
UPC: 687339600554
Dims: 14.5 x 5.5 x 1 / Peg



6" Padded Etched Leather Lifting Belt

The GoFit Padded Etched Leather Weightlifting Belt is a great strength training accessory. Comfortable and durable, this is the tool you need to protect your back and promote proper lifting. Available in 3 sizes, one should be perfect for your build and your body building.

- Medium fits waist sizes 31" to 38"**
Large fits waist sizes 35" to 42"
Extra Large fits waist sizes 39" to 46"

- Model Number: **GF-6PLB-MED**
Master Pack: 4
UPC: 687339600226
Dims: 50.5 x 6 x 0.5 / Peg

- Model Number: **GF-6PLB-LG**
Master Pack: 4
UPC: 687339600233
Dims: 53.5 x 6 x 0.5 / Peg

- Model Number: **GF-6PLB-XLG**
Master Pack: 4
UPC: 687339600240
Dims: 57.5 x 6 x 0.5 / Peg

