

GoFit's NEW Go Slides, core-engaging workout

Add unstable Go Slides to your workout to challenge your balance and your body's ability to sense its position. This develops better stability as arms and legs learn to work more efficiently, increasing muscular endurance. Made of low-friction, non-marking material, Go Slides slide smoothly on soft surfaces. Slider booties are also included for use on hard surfaces. The firm, foam grip relief pattern on the top side means ideal traction for hands and feet. It all combines for a flowing, controlled range of motion.

\$29⁹⁹
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- Use anywhere to build core strength and increase flexibility
- Low-friction, non-marking material slides smoothly on soft surfaces
- Includes slider booties for hard surfaces
- Large surface area makes them easy to use and maneuver
- Firm, foam grip pattern provides traction for hands and feet
- Ergonomic shape is ideal for multi-directional movement
- Includes 2 Go Slides, mesh carry bag, slider booties and training manual
- Each unit measures: 10.5" x 7.5"

Bottom side:
Low-friction
hard urethane

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

Booties
slide easily
on hard surfaces

Mesh
carry
bag



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GOFIT GO SLIDES

Overview

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