



A Fitness Workout Program you'll NEVER quit

GoFit™ is the first and only, customized workout program for individuals who want to improve their overall fitness, health and wellness!

How it Works:

- Your GoSports **GoFit™** workout program includes: (1) an Online Fitness Locker for individuals to access the workouts; (2) an online Instructional Video Library of every exercise and drill; (3) a Media Player for watching exercise videos; (4) a Detailed Print Feature for printing your workout manual; (5) a Compact Print Feature for printing your daily workouts; (6) a **GoFit™** Fitness Guide; (7) FREE technical support; and much MORE.
- Every **GoFit™** program includes Strength and Power Exercises as well as Speed, Agility and Movement Drills. **GoFit™** includes exercises and drills to effectively improve your overall fitness level and to maximize your health and wellness.
- **GoFit™** is a CUSTOMIZED workout program that is designed using your unique variables and goals (i.e. fitness goals, health factors, facility and equipment resources, number of workouts per week, time duration of each session, etc.). Over 20+ customized variables go into developing YOUR customized **GoFit™** workout program.
- All **GoFit™** programs are designed using the latest scientific research and fitness training methodologies, combined with “in the field” experience from leading fitness experts.
- **GoFit™** is an ANNUAL workout program that is continuously updated based on your progress.



Benefits:

- **GoFit™** gives you the opportunity to train at the highest level at an affordable price! There is no need to spend thousands of dollars to hire a personal trainer just to count repetitions for you. **GoFit™** lets you train like the pros for less than \$20 per month. **GoFit™** is the **simple, affordable** workout that will help you reach ALL your fitness goals.
- Individuals of all ages can benefit from effective Fitness Training. **GoFit™** workouts are designed to improve overall fitness levels, general health and well-being, and to reduce stress by integrating elements of strength, power, movement, agility, speed, core stabilization and flexibility into every workout.
- Effective workout programs are not **“ONE SIZE FITS ALL”**. Your **GoFit™** program is customized and designed specifically for YOU, using your personal fitness and health goals.
- Your **GoFit™** workout program is EASY TO USE. We have done all the work for you! Simply access your GoFit™ workouts online, watch the instructional videos of the exercises and drills, print off your daily workout and GET FIT! Have questions about your workout? You have **FREE** customer support, so simply call us or email us and we will help you.
- Supplement your **GoFit™** workout program with a personalized **GoHealthy™** Nutrition Program designed to assist you in planning meals, eating healthy and reaching your fitness goals! Your **GoHealthy™** Nutrition Program outlines your nutritional goals with recommended daily caloric intake and daily serving totals. You also receive a meal planner, sample daily menus, grocery lists and MORE to help you reach your fitness goals.