



MATRIX

GO SERIES

# DISCOVER THE STRENGTH OF SIMPLICITY

### WITH GO SERIES ANYONE CAN SIT AND GO

Ideal for active aging, deconditioned and rehabbing individuals, Go Series features low starting weights and minimal adjustments to make strength training less intimidating for users of all ages and ability levels. An approachable design offers easy entry and exit, while smart biomechanics encourage a controlled, natural path of motion and superior ergonomics enhance comfort.



### IDEAL FOR STRENGTH TRAINING AND CIRCUITS

Go Series offers a complete strength training experience with a range of single stations that are compact and easy-to-use. Clearly numbered adjustment points and intuitive operation helps users get started quickly and transition smoothly between stations for a total body workout in a communal environment.



Low stack height creates welcoming sight lines and an open aesthetic while helping facility staff easily engage with users.



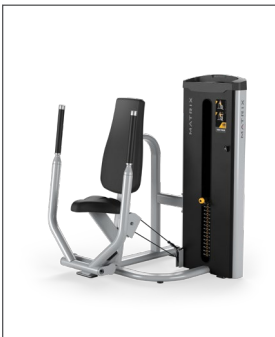
Optional incremental weight allows for smaller progressions that keep users motivated as they gain strength.

### GO SERIES FITS YOUR SPACE AS WELL AS IT FITS YOUR PEOPLE

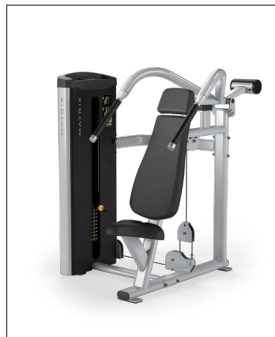
Compact footprints with back-to-back configurations improves traffic flow in busy areas and helps you engage, motivate and serve more users when space is at a premium and budgets need to stretch further.



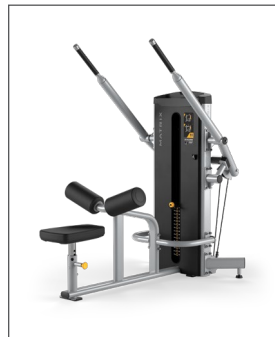
## GO SERIES STATIONS



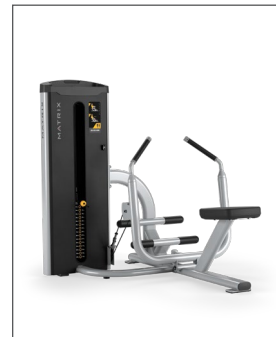
Chest Press



Shoulder Press



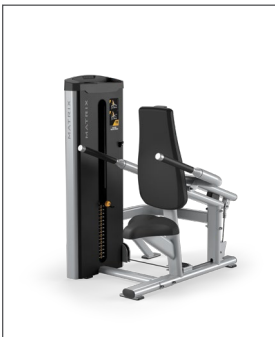
Lat Pulldown



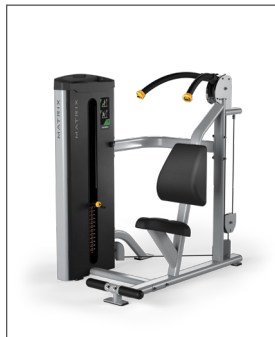
Seated Row



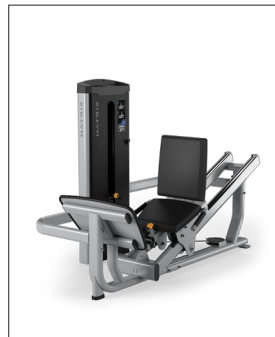
Biceps Curl



Seated Triceps Press



Abdominal



Leg Press



Leg Extension



Seated Leg Curl