



Core Plate



**Core Plate**

- \*Exercising for integrate Arm, Thigh, Abdomen.
- \*The shape is fit your bottom perfectly.
- \*To stretch your back, train your abdomen and pelvis muscles.
- \*You can fold it to do exercise for training the thigh and hand muscles.
- \*Enhance the whole body muscles, such as arms and legs, which can do balance board training.
- \*The stylish and attractive color!
- \*Small, light, and easy storage & bring out!

**G-LITE Sports**

10F-8, No.20 Da-Lang Rd, West District, Taichung City 403, Taiwan  
 TEL: 886-4-23270008 FAX: 886-4-23274658  
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# G-LITE CO., LTD.

Tel: 886-49-23270008  
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<http://m.cens.com/s/glite>

Since the beginning in 1999, G -LITE International is dedicated to create good exercise equipment for people to use it more friendly & efficiently. Our products including the full range of Vibration Plates, Exercise Bikes, Elliptical Trainer and Motorized Treadmills...etc. Since then G -LITE has become one of the fastest growing suppliers for fitness products.



**POWER CUSHION**

- \*Support your thigh for abdominal leg exercise
- \*Adjustable way to get right, low back and thigh
- \*Dress than thigh trainer
- \*Lower resistance
- \*Up and thigh trainer

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Power Cushion



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Hip Shaper



**Hip Shaper PLUS**

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- \*Lower resistance
- \*Up and thigh trainer

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Hip Shaper Swing