



Go-table

Collaborative

NOVAH

INJECTING VITALITY INTO OFFICE SPACE

The emergence of Go-table breaks the limitation of traditional fitness equipment in shape and space, and offers a brand-new idea about office environment for the majority of indoor office workers.





COMBINE OFFICE, SPORTS AND HEALTH ORGANICALLY IN THE POST-PANDEMIC ERA.

keeping a simple movement posture can activate thinking to a certain extent, and also helps improve the efficiency in creative meeting discussions or brainstorming. When doing moderate exercise, even doing light sports during the meeting, the user's line of sight remains above the desktop, thus allowing better participate in the meeting.

WE
ARE
GO-
TRA





GO INTE



Some relatively safe and simple upper limb strength or limb stretching exercises to relieve muscle and spinal pain possibly caused by long-term office posture and help prevent other potential chronic diseases.

**TABLE IS A HIGH OFFICE DESK
GRATING THE FUNCTIONS OF
MEETING AND SPORTS**

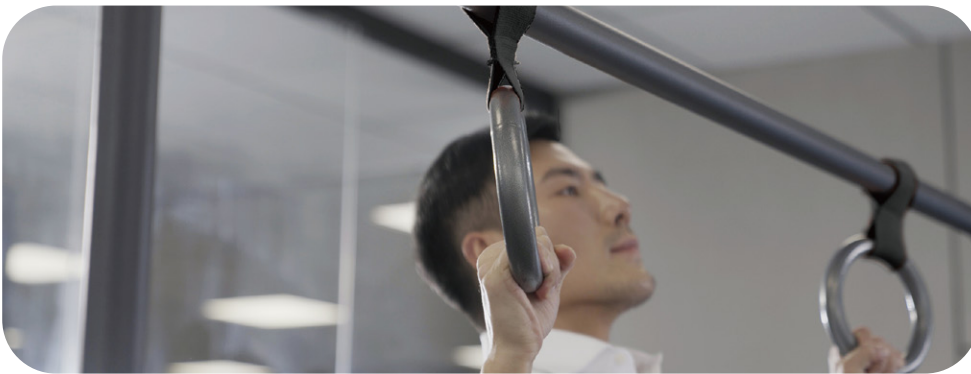


INTEGRATE A VARIETY OF SPORTS MODES INTO ONE

To meet the users' needs for safety and sports during working time, especially in the post-pandemic era Go-table provides users with a healthier and more diversified office mode.



PULL-UP



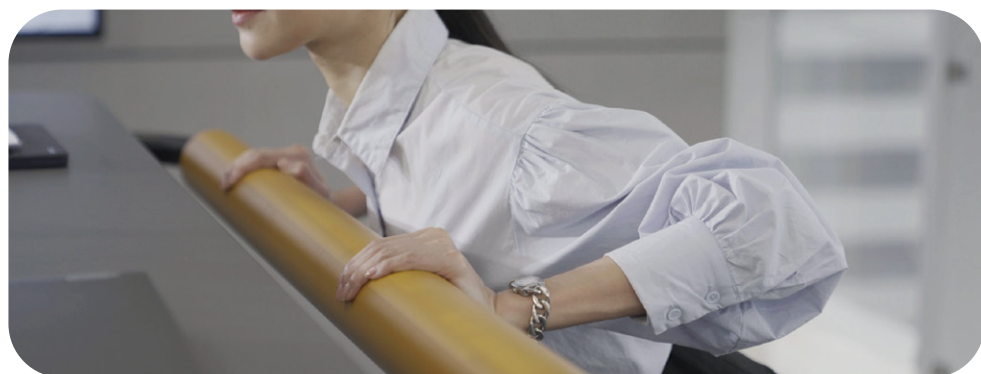
**RINGS
STRETCHING**



**HIGH-KNEE
LEG PRESS**



**WAIST
WRIGGLING**



**SLANT
SUPPORTING**



PARALLEL BARS

COLLABORATIVE WORK AND DYNAMIC MOVEMENT CARRIED OUT SIMULTANEOUS



In the public space, Go-table can not only enrich the functional attributes of the public space, but also help remind and enhance the staff's willingness to exercise. In addition, it will have greater expansion space and sports performance in practicality compared with being used in meeting space.

SLY

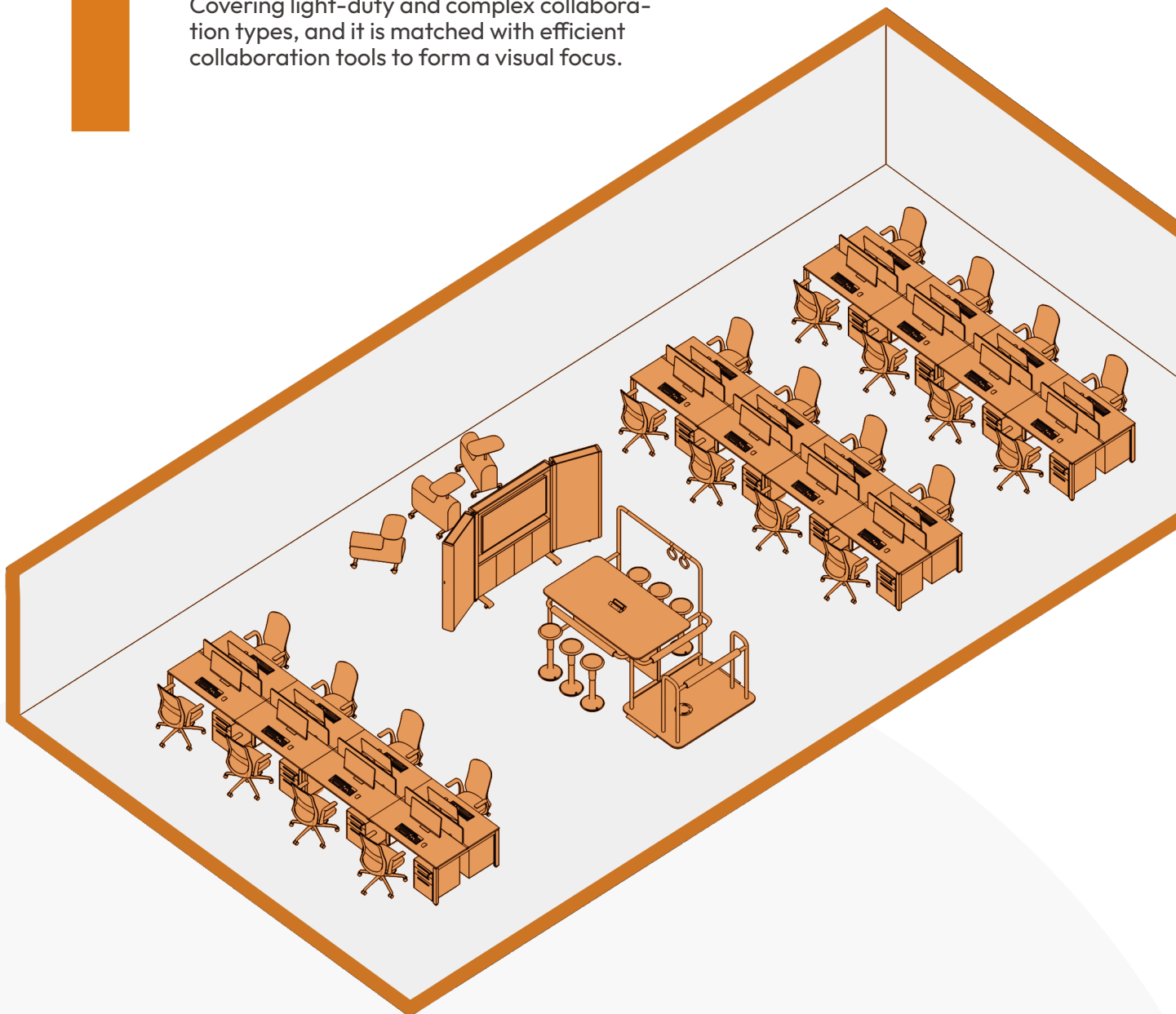


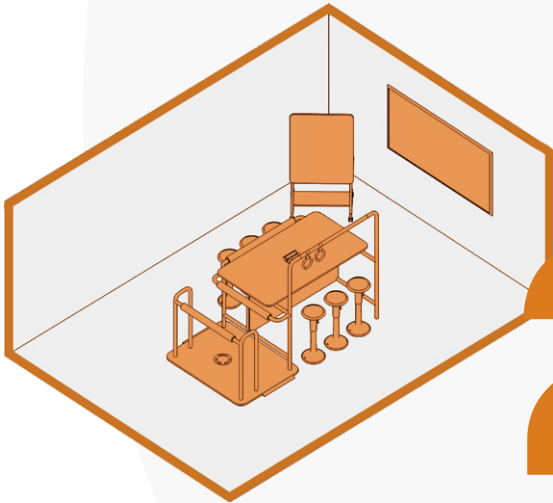
BUILD AN OPEN AND DIVERSE OFFICE SPACE

1

Multi-person collaboration between regular workstations

Covering light-duty and complex collaboration types, and it is matched with efficient collaboration tools to form a visual focus.

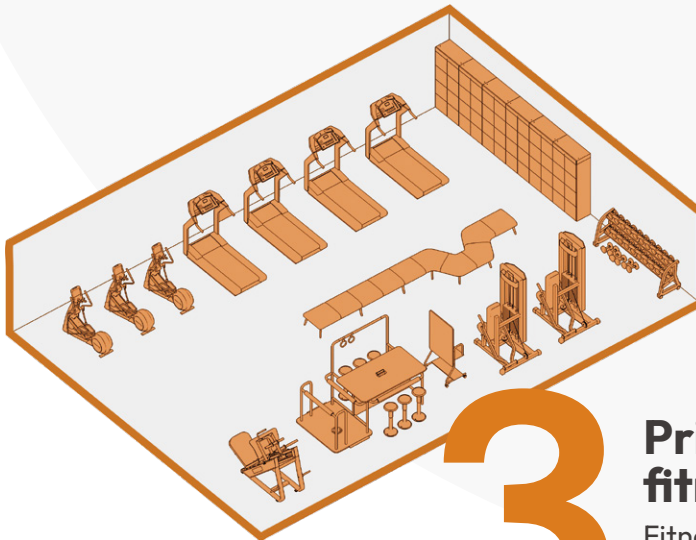




2

Team sharing multi-person discussion

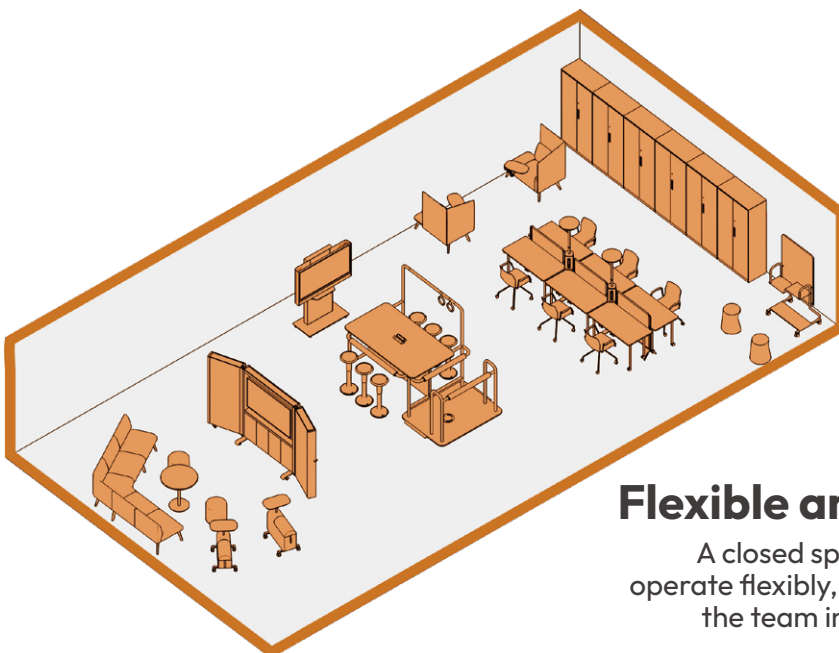
Open unconventional temporary spaces, with collaboration tools, allowing teams to quickly start discussions.



3

Private and private fitness space

Fitness space between work, while exercising, build a light discussion area for temporary communication for employees.



4

Flexible and diverse, teamwork

A closed space for planned long-term teams to operate flexibly, and to meet the functional needs of the team in meeting, discussion and innovation

Structurally, it reduces the height of the high bar and encircles the horizontal bars, which lowers the difficulty and range of getting up and down.



MATERIAL SAFETY GREEN HEALTH

Surrounding parallel
bar area



Materially, the support areas are wrapped with foam cotton to assist the stretching movement and increase the grip feel. The shock-absorbing carpet at the bottom can increase the cushioning

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