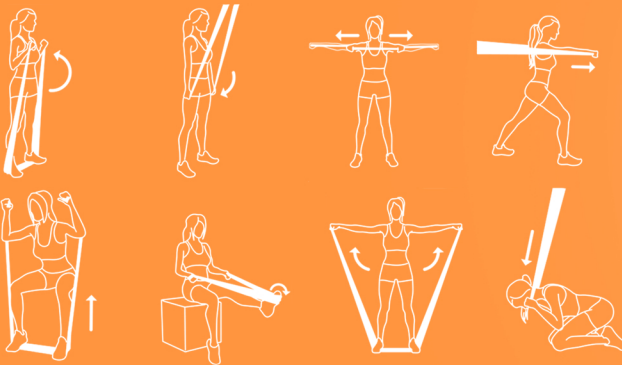


HEALTH SPORT

EXERCISE RESISTANCE BANDS

Strong and Flexible

Resistance bands are suitable for individuals of all fitness levels and can be used by beginners, intermediate, and advanced exercisers. Resistance bands are especially helpful for those looking to increase strength, improve muscle tone, or rehabilitate from injuries. They are great for targeting specific muscle groups like the legs, arms, chest, back, and core.



5 Resistance Levels

Yellow band: 5-10 lbs
Red band: 10-15 lbs
Green band: 15-20 lbs
Blue band: 20-25 lbs
Gray band: 25-30 lbs

5 Resistance bands are 59in (150cm) long and 5.9in (15cm) wide



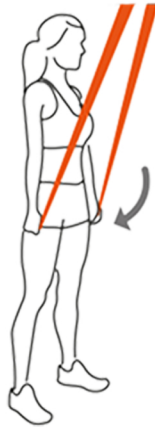
Powder Free
Eco-Friendly

Durable
Odorless

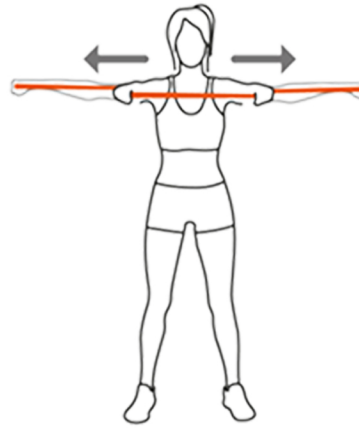
Perform muscle exercises and rehabilitation exercises



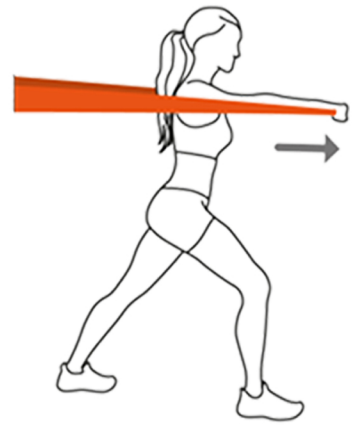
Biceps



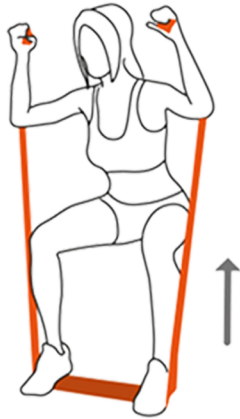
Triceps



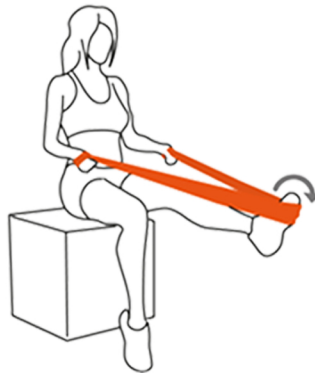
Back



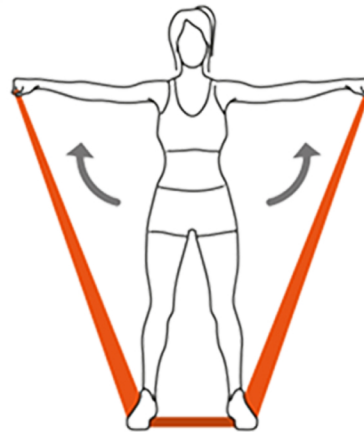
Chest



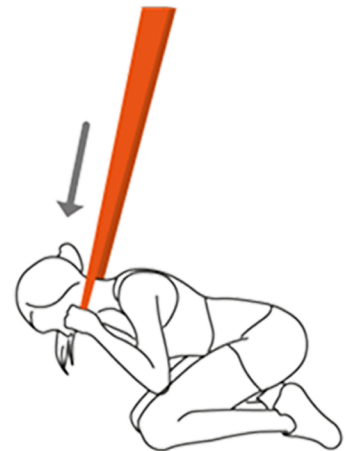
Glutes



Legs



Shoulders



Abs

NOTE: Always inspect resistance bands before use for nicks, small tears and punctures, or peeling of each seal.