

Supaflex Power Band - Level 1 (Black)

£9.00

Product Images



Short Description

The black, Level 1 Power Band that is designed to help you perform strength and rehabilitation exercises. Easy to take on holiday or carry in your bag, they are colour coded and you can use together to increase the resistance. This is the lowest resistance band in the range

*Please note it does contains Latex.

Description

Power Band Level 1 (Black)

Resistance bands are widely used for a range of rehab exercises as well for some strength training too. However, few know that you can use for agility drills, speek training and more advanced strength training

exercises if you increase the level you are using as well as combine bands or use alongside other equipment.

Just about simple as you can get from a design-perspective, these bands are colour coded for five different levels. As you increase the width of the band, the levels get higher and the resistance increases.

They come with an advisory not to exceed a distance equivalent to 150% of the length of the band. These bands do contain Latex.

Further Description

- You are buying the Black band only
- Warranty - 6 months

Additional Information

SKU	SPBL1
Weight	1.000000