

# Mini Aerobic Bands (Set of 4)

£8.40

## Product Images



## Short Description

This set of four, colour coded mini aerobic bands are excellent value and allow you to perform a huge range of exercises. They are great for adding resistance to exercises such as lateral steps and leg extensions and are great for rehab and injury prevention. The mini aerobic bands come in 4 different colours and each band measures 230mm x 40mm (460mm loop). They are durable and will stretch up to 3 times their length.

Please note that these bands contain Latex.

## Description

### Mini Resistance Bands

If you need some resistance bands for strengthening exercises then you have come to the right place. This

set of 4 mini resistance bands are extremely good value and will allow you to perform an array of different exercises. They are great for a wide range of rehabilitation exercises and are often used by physios for rehab after knee, ankle, hip and shoulder injuries. You can hook them round a post, table leg or door handle to provide resistance or you may get your coach/physio to hold one end whilst you perform the exercises.

## Additional Information

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SKU	JL-ABS
Weight	1.000000
Equipment Usage	Home Use