

Supaflex Power Band - Level 2 (Green)

£14.00

Product Images



Short Description

Giving you a wide range of exercises, this green Level 2 power band provides you with a resistance workout that's easy to tailor to your strength. From strength to toning or rehab, resistance bands are versatile and easy to carry with you wherever you go. Available in five colour-coded sizes from level 1 to level 5.

* Please note they contain latex.

Description

Level 2 - SupaFlex Power Band (Green)

Resistance bands are great for gyms or exercising at home and are perfect for speed training, strength training and rehabilitation exercises. With this set of power bands, you can choose the level of resistance by

colour and width of the band. This Level 2 resistance band is green and offers some good resistance for basic rehab exercises as well as light resistance for other exercises. As you get stronger, you can progress up the levels to keep the resistance high.

For home workouts, we recommend you buy a few colours in order to workout different muscles groups. From the level 1 or 2 for your wrists through to level 4 or 5 if you are doing squats, shoulder press or maybe bicep curls. As they are cheap and easy to store, having a whole set is great when you are limited for space and a lot simpler than tons of free weights.

Use the Power bands on their own or in conjunction with other equipment for added resistance. They are available in five colour-coded sizes. Please note they do contain latex.

Additional Information

- Level 2 - Green
- Warranty - 6 months
- Contain Latex

Additional Information

SKU	SPBL2
Weight	1.000000