



The Resistance Band Kit is designed to tone and strengthen the entire body. Get a complete body workout by using 3 styles of resistance bands that range in levels of resistance . . . light, medium and heavy durable rubber bands for a smooth, consistent stretch. Lightweight mesh bag makes it easy to transport your kit with additional room for personal belongings.

**Resistance Tubing With Handles:
Heavy Resistance**

The soft foam covered, flexible handles allow for a great range of motion. Work unilaterally and bilaterally. The stretch tubing provides a comfortable, low-impact resistance for upper, lower and core muscle workouts. Handles can be slipped over your hands, feet, or ankles for versatility in your exercise program.

Figure 8 Band: Medium Resistance

Double the stretch, this band allows for versatility and maximum benefit in training your upper and lower body. Foam handles are easy to grip and safe for slipping around your feet.

Circular Band: Light Resistance

For targeted arm and leg training, this lightweight band can be used for endurance training as a supplement to your cardio training. Soft foam handles are easy to grip.

- Tones and strengthens entire body
- 3 Resistance bands light, medium and heavy
- Low-impact resistance
- Soft foam handles
- Convenient carry bag for travel

