

## Aerobic Bands Set of Three BF7543



Aerobic Bands provide variable progressive resistance for all muscle groups. Reduce injuries, enhance performance, build self-confidence. Accommodates any weight, size or height.


1 band each of light, medium, and strong resistance providing 3 to 100 lbs. of variable resistance on each lift. Portable and easy to store.

- Use just minutes a day
- Multi - Usage
- Variable Resistance
- Portable
- Lightweight
- Fitness Guide Included



 **DOWNLOAD  
FITNESS GUIDE**

 **PRINT  
PRODUCT SHEET**

 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.