

## Pilates Resistance Tubing With Handles BF7686




The soft foam covered, flexible nylon handles and stretch tubing provide a comfortable, low-impact workout. Handles can be slipped over your hands, feet, or ankles. Use your body's own resistance to tone, stretch and strengthen without adding bulk. Easy to master, so it's great for all fitness levels.

- Lightweight and portable: ideal for travel and storage.
- Resistance tubing keeps your workout fun.

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 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.