

Power Band for Pilates BF7717




The Power Band for Pilates combination of heavy-duty resistance tubing and comfortable, non-slip adjustable ankle/wrist cuffs create a product that turns any movement pattern into a safe and effective resistance exercise activity. Forward, backward, side-to-side and diagonal movement activities develop muscular strength, endurance, agility and balance. Great for martial arts, provides increased resistive range of motion for developing stronger stances and more powerful kicks.



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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.