

## Resistance Band Loop Set of 5 Heavy Duty Gym Yoga Workout

RRP: \$104.95

If you're looking for a great workout you can do at home, look no further than this set of heavy-duty resistance bands by Randy & Travis Machinery. Whether you use them to build flexibility to cross-train for another sport, as part of your yoga workout, or to enhance your coordination and balance, these versatile bands use your own body's weight as resistance to increase strength without added weight training.

Colour-coded to your ability and strength levels for convenience, these bands increase resistance gradually, building your strength as you go through the levels. Perfect for those with joint issues who want an alternative to traditional weightlifting, these bands are similar to those used in physical therapy. Don't wait to fulfil your resolution to get more fit this year. Order your resistance bands today!

### Features and specifications:

- Quantity: 5
- Colour: Multi
- Dimensions (Yellow): 208 x 0.45 x 0.64 cm, 5 to 15 pounds resistance
- Dimensions (Red): 208 x 0.45 x 1.30 cm, 15 to 35 pounds resistance
- Dimensions (Black): 208 x 0.45 x 2.20 cm, 25 to 60 pounds resistance
- Dimensions (Purple): 208 x 0.45 x 2.80 cm, 30 to 80 pounds resistance
- Dimensions (Green): 208 x 0.45 x 4.50 cm, 50 to 125 pounds resistance
- Material: 100% natural latex
- Excellent aid for cross-training, yoga, or home workouts
- Increases flexibility, balance, and coordination
- Builds strength gently using the body's own weight as resistance
- Five different weight resistance levels for a gradual increase in strength

