

Stamina Resistance Bands

Stamina Resistance Bands

NEW

LL8842

- 3 variable resistance bands.
- Drawstring pouch included.
- User guide included.
- Great addition to any fitness regime.

Resistance bands thickness:

Green: 0.35mm,

Blue: 0.50mm,

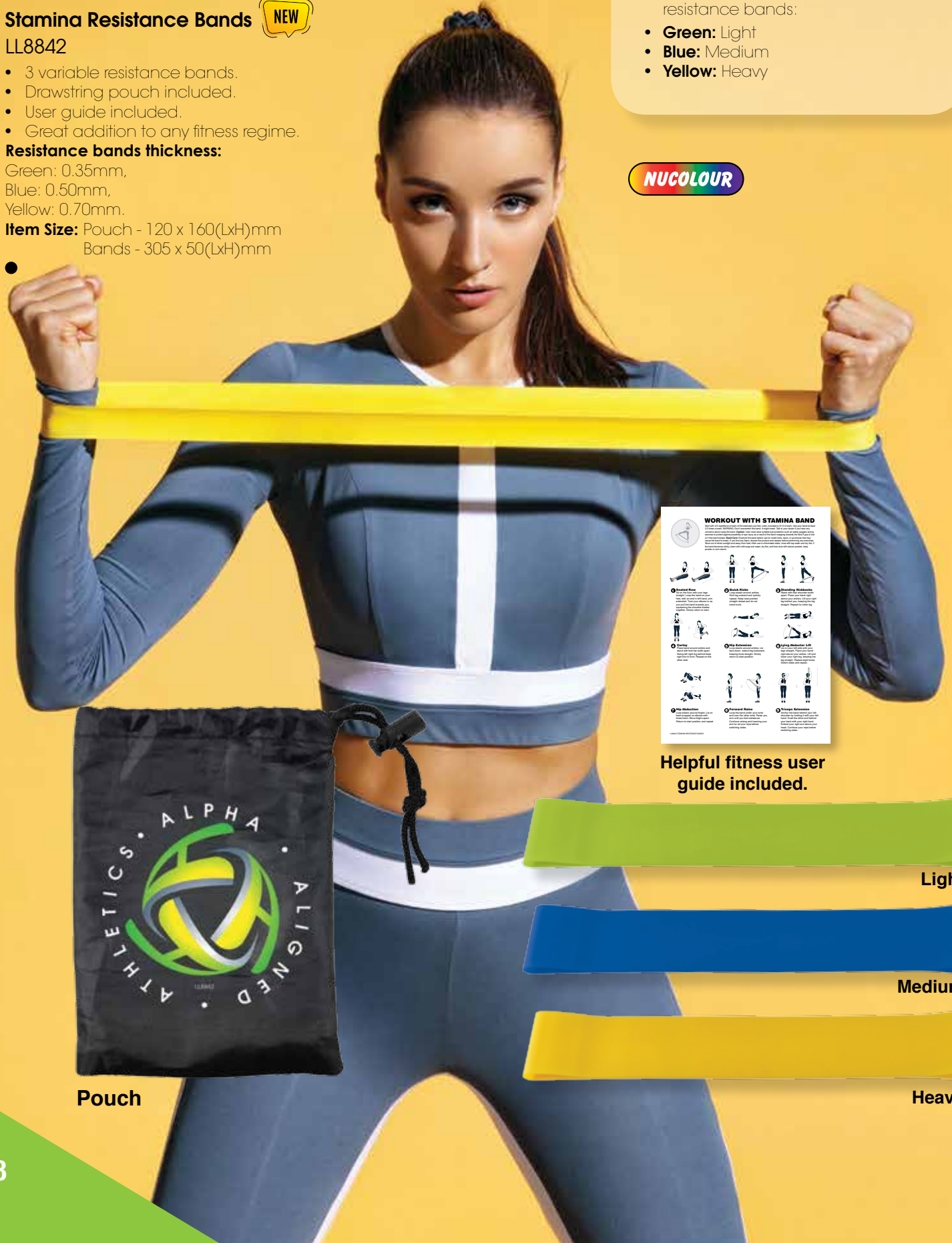
Yellow: 0.70mm.

Item Size: Pouch - 120 x 160(LxH)mm

Bands - 305 x 50(LxH)mm

- Resistance Bands are an effective and versatile training tool that can be used to increase strength and stability in the upper and lower body.
- Ideal for lateral movement exercises, hip and glute activation, and shoulder stabilisation.
- This set offers 3 different levels of resistance bands:
- **Green:** Light
- **Blue:** Medium
- **Yellow:** Heavy

NUCOLOUR



Helpful fitness user guide included.



Pouch



Light



Medium



Heavy