

# AMERICAN BARBELL RESISTANCE BANDS



**DESCRIPTION:** Resistance Bands are extremely versatile and can be incorporated into fitness and rehabilitation programs. Bands are often used for strength training, rehabilitation, aerobics, speed and agility training and flexibility exercises. They can be utilized on their own or in combination with weights to increase resistance and the intensity of a workout. American Barbell offers 3 types of Resistance Bands to meet your needs and preferences.

## COLOR STRENGTH TUBES



PRODUCT SKU: BND-SERIES

Color Strength Bands are color coded and available in 7 different resistance levels to meet a wide variety of conditioning and rehabilitation demands. Choose from Micro, Mini, Monster-mini, Light, Average, Strong and Monster.

## BLACK RESISTANCE TUBES



PRODUCT SKU: RT-LP-SERIES

Our Black Resistance Tubes offer a clip system for added versatility. The set includes 5 bands with varying resistance and two handles. To increase resistance, substitute a thicker tube or combine multiple tubes for more tension.

## COLOR RESISTANCE TUBES



PRODUCT SKU: RT-SERIES

Color Resistance Tubes are protected by a nylon sleeve and designed to outlast regular tubes by providing a mechanical stop to prevent over stretching. The sleeve also protects the tubing from UV light, body oils, nicks and cuts. Tubes come in various strengths to accommodate different strength levels.