

MIBA MINI RESISTANCE BANDS

BodyTrading
EXERCISE AND FITNESS PRODUCTS



Mini resistance Bands

The Bodytrading Mini Exercise Bands MIBA have many different applications, from strength training and conditioning to rehabilitation. Use them to increase balance, build strength, improve flexibility, and more! Advanced exercisers can use them for integrated strength training or high-energy sports conditioning. Just starting out? Recovering from an injury? Healing after surgery? These mini exercise bands are ideal for use during rehabilitation.

The Bodytrading Mini Exercise Bands MIBA are made of super heavy-duty latex rubber. The loops are color-coded by resistance level, so it's easy to find the right band for the job. When your body is ready, you can easily move up to the next resistance level.

Our Mini Exercise Bands are also ultra lightweight and portable. Use them wherever or whenever they're needed. The extra-strong, closed-loop design makes them ideal for heavy, repeated use.

Give your leg muscles a good workout or use them for resistance while doing walks, shuffles, and lunges. Customize your upper- or lower-body workout exercises or physical therapy routines.

Special features

- Ideal for floor-based lower-body exercises
- Strengthen and tone arms, legs, hips and glutes
- Great for therapeutic exercise and strength training
- Secures comfortably to ankles, calves, knees or thighs
- Flat band loop
- Available in 4 color-coded resistances
- With storage bag

Models

- **Red (MIBA1):** 27.5 cm x 3 cm x 1 mm
- **Yellow (MIBA2):** 27.5 cm x 3 cm x 1.15 mm
- **Green (MIBA3):** 27.5 cm x 3 cm x 1.30 mm
- **Blue (MIBA4):** 27.5 cm x 3 cm x 1.60 mm