

BSTB Resistance Bands



BSTB5 (Ultra Heavy)
2 1/2" Width



BSTB4 (Heavy)
2 3/4" Width



BSTB3 (Medium)
1 1/8" Width



BSTB2 (Light)
3/4" Width



BSTB1 (Ultra Light)
1/2" Width

BSTB Resistance Bands

These 41" bands are a cost effective and simple way to add intensity to any training routine. The BSTB1 and BSTB2 are best used for general conditioning, stretching, and rehabilitation. Either band works well for beginners and novice weightlifters. For stronger bench presses and lower body exercises, the BSTB3 and BSTB4 work well. For obtaining maximum resistance during squats, deadlifts, leg presses and shrugs, the BSTB5 is our top of the line band.

