

BSTFITBAG

Fitness Bag



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Exercise in the privacy and convenience of your hotel room. Target specific muscle groups like the arms, chest, back and legs while maintaining a strong focus on your core and cardiovascular health. You will get a full body workout using only the equipment included in the Body-Solid Room Pack. Trim, tone and build a better body with the only training tool you will need.

Includes

- BSTYM10 – Yoga/Exercise Mat
- BSTFRP18F – 18" Premium Foam Roller
- BSTRT – Resistance tube 5 pack
- Tote Bag
- Exercise Placard
- Online Workout Videos