

# BSTRT Resistance Tubes



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Our Body-Solid Resistance Tubes are an excellent apparatus for anyone interested in completing full body workouts in less time. Athletes, fitness enthusiasts, novice and advanced trainees alike benefit by including resistance tubes within training regimens. Their lightweight design, versatility and low cost make them the perfect choice for many applications.

## 5 Levels of Resistance

- #BSTRT1 - Yellow – Very Light
- #BSTRT2 - Green – Light
- #BSTRT3 - Red – Medium
- #BSTRT4 - Blue – Heavy
- #BSTRT5 - Black – Very Heavy
- 61" Length handle to handle
- Handle Dia. 1.1" (28mm)
- Handle length - 4.25" (114mm)

