






THE DIFFERENT HIP CIRCLES®

			
	Hip Circle®	Grippy Hip Circle®	Hip Circle® Sports Pack
Price	\$25.00	\$25.00	\$40.00
Resistance Level	2	2	1, 1.5, 2
Width	3 in	3 in	2 in
Best Use For	Strengthening your posterior chain. Cues athletes to force knees out while squatting to maximize strength & produce proper technique & form	Increased dynamic movements (jump squats, step ups, etc) where the grip will help secure to your legs	Lower body accessory and dynamic movements (monster walks, side steps, kick backs)
Unique Features	Can be used for hip & glute activation/strength as well as dynamic warm up	Rubber stripes on the interior keep the Hip Circle® where you want it. Ideal for leggings and for faster dynamic movements	3 narrower Hip Circles® with 3 different resistance levels that stretch further than our original bands. Narrower allows easier use for applying multiple Hip Circles® on at one time

			
	Hip Circle® 2.0	Big Ass Hip Circle®	
Price	\$30.00	\$30.00	
Resistance Level	3	3	
Width	3 in	4.5 in	
Best Use For	Those who have outgrown the Original Hip Circle® or want and increased resistance	Maximum lower body activation and muscle building with the highest resistance level available	
Unique Features	Stiffer material to help build up smaller muscle groups in your tough to target hips	Combination of a wider design and same Original Hip Circle® material, creates the ultimate resistance band	

