

# LARGE STRENGTH BANDS

Our Strength Bands are ideal for stretching and recovering as well as resistance and lifting. The bands are 41" long and range in resistance from our 5-15 LB Micro Set to our 80-200 LB Monster band pairs.

## SPECIFICATIONS

LENGTH	41"
MATERIAL	Layered Rubber
ORANGE	1/4" x 4.5mm LFL approx 5-15 lbs
RED	1/2" x 4.5mm LFL approx 20-25 lbs
MINI BLACK	1/2" x 6.35mm LFL approx 30-50 lbs
PURPLE	1-1/8" x 4.5mm LFL approx 40-80 lbs
GREEN	1-3/4" x 4.5mm LFL approx 50-120 lbs
BLUE	2-1/2" x 4.5mm LFL approx 60-150 lbs
MONSTER BLACK	4" x 6.35mm LFL approx 80-200 lbs



### STRENGTH SET INCLUDES:

Micro Strength Bands (Orange)  
Mini Strength Bands (Red)  
Light Strength Bands (Purple)  
Average Strength Bands (Green)  
Strong Strength Band (Blue)

### FULL SET INCLUDES:

Micro Strength Bands (Orange)  
Mini Strength Bands (Red)  
Monster Mini Strength Bands (Black)  
Light Strength Bands (Purple)  
Average Strength Bands (Green)  
Strong Strength Bands (Blue)  
Monster Strength Bands (Black)