

# SHORT STRENGTH BANDS

The Sorinex Short Bands are 12" long, making them excellent for working small muscle groups to the point of fatigue with high repetitions. These bands can be used by beginners for overhead presses and other movements. They're also excellent for rehab and return-to-play applications.

The Sorinex Short Bands are great for banded movements that are closer in proximity. Eliminate the slack with longer more traditional bands. Stretch, mobilize, add resistance/assistance, or recover.

## SPECIFICATIONS

LENGTH	12"
RED	Approx 20-25 lbs
PURPLE	Approx 40-80 lbs
GREEN	Approx 50-120 lbs
BLUE	Approx 60-510 lbs
MATERIAL	Multi-layered Rubber

