

# Bench Hip Band Set



## Description

The Bench Hip Bands are a great option for those looking to add resistance to their workouts. The bands are ideal for a variety of exercises, including strength training, Pilates, yoga, and rehabilitation. With their compact design, they are easy to take with you wherever you go, making them a convenient and effective addition to your fitness routine.

These bands are 600mm x 50mm and made from latex-free materials, making them suitable for those with latex sensitivities. The set comes with five different resistance levels, allowing you to choose the right level of resistance for your needs.

The resistance levels range from

- Blue (16-21 lbs)
- Yellow (24-31 lbs)
- Red (25-33 lbs)
- Green (30-40 lbs)
- Black (40-50 lbs)

## Features

- Colour coded resistance levels for easy identification
- Set includes 5 different resistance levels
- Ideal for strength training, pilates, yoga and rehab
- Suitable for athletes with latex sensitivities

## Specifications

Material:	Latex free
Length:	600mm
Height:	-
Width:	50mm
Weight:	700g (set)

