Resistance Bands





Description

Our Bench Fitness resistance bands – the perfect companion for your fitness journey. Our resistance bands come in 4 distinct sizes, each offering a unique resistance level to cater to your specific workout needs.

Red Band (13mm)	This band provides an approximate
	resistance of 2kg – 16kg
Black Band (22mm)	This band provides an approximate
	resistance of 5kg – 32kg
Purple Band (32mm)	This band provides an approximate
	resistance of 10kg – 35kg
Green Band (44mm)	This band provides an approximate
	resistance of 20kg - 55kg

Each of our Bench Fitness Resistance Bands is crafted from premium, durable rubber to ensure longevity. They offer an effective and versatile tool for different types of exercises including strength training, flexibility exercise or physical rehabilitation.

Features

- 4 sizes available (13mm, 22mm, 32mm, 44mm)
- 2kg-55kg resistance range
- Ideal for strength training, flexibility and rehab
- Durable high performance rubber

Specifications

Material:	Durable high performance rubber
Length:	1040mm
Height:	-
Width:	Varies
Weight:	2kg-55kg resistance

Dimesions





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