

Stretch your fitness out with our Exercise Bands

From warm ups, to general fitness, stretching, Pilates and Yoga our latex bands are the ideal companion to your regime.

Once cut to the desired length, the stretchy resistance bands may be used to work on the whole body whether it be lunges and squats for the lower body, bicep curls and lateral raises for the upper body or basic rotational exercises and crunches to improve core strength.

Why Choose Resistance Bands?

Manufactured to a high standard from premium quality latex the stretch resistance bands are a versatile, easy-to-use product designed with portability, practicality and easy storage in mind.

Our exercise bands measure 14.5cm wide and come in a 5.5m, 25m or 46m rolls which can simply and easily be cut down as required. The bands are available in six colour coded resistance strengths:

Each different coloured band has a graded amount of resistance dependant on its elasticity. This makes the Exercise Stretch bands the ideal tool for progressive resistance exercise as they allow you to gently work through your regime, selecting the appropriate level as you go.

Our bands are long lasting and easy to tie, knot or loop for specific exercise requirements.

In addition, the therapy bands are recommended for use in post injury recovery and rehabilitation.

Important Information: This product contains Latex. Please ensure that anyone using this item is made aware of the latex content to avoid any allergic reaction.

Features

- The Latex Exercise Bands are ideal for warming up, general fitness training, stretching, Pilates and Yoga.
- Available in six colour coded strengths ranging from Light through to XX Extra Heavy.
- 14.5cm x 5.5m, 25m or 46m Easy to cut to desired length.
- Often recommended by physios as part of post-injury rehabilitation programmes.
- Small and compact. Ideal for home, class or clinic use.

Strengths Available:

Light - Yellow - 0.15mm x 5.5m

Medium - Red - 0.20mm x 5.5m

Firm - Green - 0.25mm x 5.5m

X Firm - Blue - 0.30mm x 5.5m

X Extra Firm - Black - 0.35mm x 5.5m

XX Extra Firm - Silver - 0.40mm x 5.5m

Specification

Dimensions: 14.5cm x 5.5m, 25m or 46m

Main Material: Latex

