

Crane resistance elastic fitness bands

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Categorie:

Set of 5 high tensile strength and durable resistance bands (60x5 cm.) of different strengths. Each offer a smooth and consistent stretch to provide force on the muscles to improve strength and help you shape and tone your body. Widely used in all kinds of exercise sports. Includes pouch for storage and decoration. Size and strength for the different bands: green 0.35 mm/4.5 kg/10 lbs, blue 0.50 mm/5.4 kg/12 lbs, yellow 0.7 mm/7.2 kg/16 lbs, red 0.9 mm/8.1 kg/18 lbs, black 1.1 mm/9 kg/20 lbs.

