



## Theraband training bands 45,5m roll



Theraband exercise bands are cost-effective, easy-to-carry and versatile natural latex resistance products with virtually unlimited uses for increasing strength, mobility and flexibility.

**CHF 158.00**

Theraband exercise bands and tubing are affordable, easy-to-carry and versatile natural latex resistance products with virtually unlimited uses for increasing strength, mobility and flexibility.

Scientifically proven exercises find use in rehabilitation of injuries, increasing functional abilities of seniors and training athletes. Introduced and endorsed by the American Physical Therapy Association (APTA), they are recognized worldwide as the original progressive resistance training system.

Packaging unit: L 45.5m x 12.8cm  
Available in 8 different strengths.