



Bodylastics - Set, Standard Kit (BL-1000)



An advanced training system designed for pilots and aerospace. Weighs only 1.0 kg and fits in any handbag! BODYLASTICS is a cost-effective alternative to multi-function machines.

CHF 56.90

With the Bodylastics set you can train all muscle groups of the body optimally.

The 4 pieces of tear-resistant tubings (level 1 to level 4) with break-resistant stainless steel hooks allow in combination up to 16 different individual tensile strengths.

Set includes:

- 4 x resistance tubings made of tear-proof natural latex from level 1 to 4 (level1: yellow / 2:green / 3: red / 4:blue)
- 2 x foam handles with steel clips
- 1 x door roller
- 2 x hand, foot and joint straps
- 1 x exercise manual
- 1 x nylon bag.

According to experts, a full body workout must include the following muscle groups:

ARMS (biceps & triceps) - SHOULDERS - BACK - NECK - LEGS (leg curls, leg extensors, calves) - BREAST - BELLY

With BODYLASTICS you have the possibility to start a full body workout anytime, anywhere.

In order to do a successful workout, the following requirements should be met:

- You need your complete BODYLASTICS set with exercise instructions.
- You are wearing loose comfortable workout clothes
- You are stretched and warmed up



- Your room has a commercially available stable door
- Your room offers at least 9 square meters of space
- You bring some motivation