



Bodylastics - Strongmen Set



An advanced training system designed for pilots and aerospace. Weighs only 1.0 kg and fits in any handbag! BODYLASTICS Strongmen set additionally includes 2 tubings in level 5 and 6.

CHF 69.90

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

The 6 pieces tear-resistant tubings (level 1 to level 6) with break-resistant stainless steel hooks allow in combination several 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 resistance tubings with level 5 (black) and level 6 (orange)**
- 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

A full body workout must include the following muscle groups according to experts :
ARMS (Biceps