



Jordan Power Band 200cm (JLPOWB)



Power Bands from Jordan - ideal for building strength and power as an alternative to cable exercises. Progressive resistance training progressively increases the resistance during a single repetition as the movement progresses (price from extra-light)

CHF 13.00

- made from natural rubber
- with progressive resistance
- different widths of power bands - the wider the band, the greater the resistance
- ideal for strengthening exercises and speed training
- available in 6 strengths

extra-light, 200x1.3cm, red CHF 13 - corresponds to approx. 2-16kg Resistance
light, 200x2.2cm, black CHF 19 - corresponds to approx. 4-23kg Resistance
medium, 200x3.2cm, purple CHF 27 - corresponds to approx. 11-36kg resistance
strong, 200x4.4cm, green CHF 44.-- - equals approx. 23-54kg resistance
extra-strong, 200x6.4cm, blue CHF 58.-- - equals approx. 27-68kg resistance
super-strong, 200x8.3cm, orange CHF 75.-- - equals approx. 36-79kg resistance