



Lets Bands Powerbands Set LADY



A whole new YOU! The power set for women provides, in addition to the three bands in pink, purple and pink, an effective and crisp 4-week training program with access to our online training.

CHF 35.00

With the new Lady Set from Lets Bands, every woman, at any age can increase her fitness individually and shape her body with effective and short programs. This not only cuts a good figure visually, but also gets the body in shape properly.

- **Focused:** targeted on problem areas
- **More effective:** reach your goal faster
- **Time-saving:** short, effective workouts
- **No excuses:** train anywhere & anytime
- **Stylish:** train in style
- **Independent of age** and for every fitness level

Our workouts are kept short and crisp, so that they can be optimally integrated into everyday life. Because the focus here is also on maximum success in a short time. In compact power sessions, the woman of today can tone her body and boost calorie consumption. A motivating Quickstart workout poster and two wristbands to remind you to train round off this unique set.

In addition to the three bands in pink, purple and rose, the powerset for women provides an effective and crisp 4-week training program with access to our online training.

The 4-week training program:

Online training at a high level: The Lady Set includes a complete 4-week training program and additionally a 2-week beginner build-up training (pre-training). Lady Set owners can access the training online anywhere, anytime. The training is also available for download as a PDF. The program offers you



a mix of endurance training, strength exercises, circuit training, HIIT units, warm-up and stretching units. Discover the power within you! You will find the access code on your training poster.

With the Lady Set, you can tone your body and boost calorie consumption in compact power sessions - ideal for anyone who has a lot on their plate every day. The individual workouts are deliberately kept short so that they can be optimally integrated into everyday life. In addition, you can view all exercises from the 4-week training program individually and with detailed descriptions. This way we want to ensure the correct execution of the exercises to guarantee the best possible results.

The powerbands SET LADY contains:

- 3 stylish powerbands MINI
- 1 Quickstart workout poster
- 2 wristbands to remind you of your workout
- 1 carrying bag for easy transportation
- 4-week program to download