



## Lets Bands Powerbands MAX



Our robust powerband MAX is ideal for a challenging and effective workout thanks to its higher resistance. In addition to strength and interval training, you can also use this all-rounder for complete stretching programs or a full body workout. Also ideal in combination with our powerbands MINI for an effective workout. (price from 21.90)

**CHF 21.90**

The powerband MAX is a robust resistance band, which thanks to its length (100 cm) is the ideal extension to the powerbands MINI. The higher resistance makes it perfect for a challenging and effective workout. With a combination of strength training and intense intervals, you'll get your metabolism going and your body in top shape. Our multi-talent is also ideal for a complete stretching program. Our powerband MAX expands the training possibilities especially in the area of strength training, stretching and HIIT (High Intensity Interval Training). In combination with a powerbands MINI set you have a complete gym in your pocket.

Note: Some exercises are specifically designed to use a black powerband Max, as it has stronger resistance. For other exercises, however, the red powerband Max with lower resistance is more suitable. Therefore, for an optimal workout, it is recommended to purchase both bands.

**OUR RECOMMENDATION:** To ideally expand your training possibilities, we also recommend our powerbands SET MINI. This is suitable for an intensive full-body, abdominal-legs-buttocks workout as well as for stability and balance exercises.

We also recommend the powerbands SET MAX. With it you have a whole gym in your pocket - at an unbeatable price-performance ratio.

Recommended main uses for the powerband MAX: Strength training, strength endurance training, interval training, total body training, core training, core stability and stretching. Also ideal for assisting with pull-ups.

Powerband Max yellow - light-CHF 21.90

Powerband Max green - medium - CHF 25.90

**The Shark  
Fitness Company**



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Powerband Max blue - strong - CHF 36.90  
Powerband Max black - extra strong - CHF 42.90  
Powerband Max black - ultra strong - CHF 48.90