



Sissel Pilates band



Depending on the exercise, your hands and/or feet are put in here. This simple support helps you to have more torso stability and the perfect posture during the execution of the exercise. In addition, the band provides resistance that further intensifies the Pilates exercises.

CHF 31.90

- Cotton canvas with built in pockets
- Incl. exercise poster
- Dimensions: 20 x 125 cm, with 6 incorporated pockets
- Made in Germany
- Colors: natural, blue, red