



Theraband Flexible Exercise Bar

The flexible exercise bar from Theraband for strengthening the hand, wrist, forearm and shoulder.



CHF 32.00

The Theraband flexible exercise bar is a handy, easy to grip and light resistance device that is used in rehabilitation for strengthening the hand and wrist as well as the forearm and shoulder.

The Theraband Flexible Exercise Bar is 30 cm long and available in three resistance levels that increase according to the diameter.

Required force to bend a U:

Red 4,5kg

Green 6,8kg

Blue 11,3kg