



Theraband door anchor



The Theraband door anchor is a flexible fixation aid for training with exercise bands and tubing. This accessory enables gentle, comfortable Theraband training, for which the exercise band or tube is simply looped through the door anchor. The device considerably increases the variety of training options, as it can be attached at different heights. Thanks to the material-friendly properties of the Theraband door anchor, the exercise band hardly chafes even after many exercises.

CHF 11.80

The Theraband accessories simplify the use of exercise bands in training and rehabilitation. People with low hand strength (e.g. with osteoarthritis) can train effectively with bands. With the help of the door anchor, exercise bands can be securely fixed in a closed door, enabling versatile upper and lower body training.