

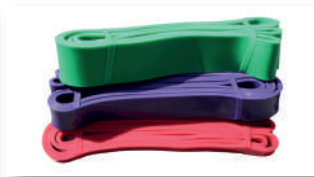
Powerbands

Power bands are great for speed training / agility drills / jump resistance or as an alternative to standing cable exercises.

They are also ideal for Pre-habilitation and Re-habilitation and Sports Specific Drills for sports such as MMA.



Seamless



Rubber



Durable



Multiple Uses



Technical Specifications

Rating	Commercial
Sizes Available	Black - 101mm Blue - 64mm Green - 44mm Orange - 83mm Purple - 28mm Red - 13mm

Key Features

Band thickness determines resistance	•
Seamless latex rubber	•
Very durable	•
Can be used with Olympic / Hex and EZ Bars and anchor attachments on Power Racks	•
Can be used on their own or with free weights	•