

Expander SPOKEY-POWER II set 3



Available sizes	Reference number	Ean number	Quantity
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Suggested retail price: 29.99 € s DPH

Description

Spokey brand expander. The use of training rubbers with a closed circuit will allow you to maximize the effects of training and concentrate on individual parts of the body. Training rubbers have different resistances, which makes them ideal for both beginners and professional athletes .

- Rubbers with a lower resistance force will help you to acquire the correct exercise technique and prepare the muscles for a higher load.
- Rubbers with a higher resistance force are intended for people who like to exercise at 200%. Training rubbers are also recommended by personal trainers.

With the Power II fitness rubber set, you can exercise anywhere - in a fitness club, at home or outdoors.

Resistance bands with a closed circuit allow you to maximize the effects of training and focus on individual parts of the body. In the fitness rubber set, you will find three resistance variants , which allows you to choose the appropriate resistance for your training according to your current physical condition:

- **light** green: 11-19 kg
- **medium** red: 15-23 kg
- **heavy** gray: 25-40 kg

Expanders are made of durable material that ensures their long life.

Product details:

- a practical packaging is included
- resistance:

1. light: 11-19 kg
2. medium: 15-23 kg
3. heavy: 25-40 kg

- dimensions:

1. light: 208 x 1.5 cm, thickness: 4.5 mm
2. medium: 208 x 2 cm, thickness: 4.5 mm
3. heavy: 208 x 4.4 cm, thickness: 4.5 mm