

## Expander SPOKEY-TRACY gum



**Available sizes**

**Reference number**

**Ean number**

**Quantity**

**Suggested retail price:** 17.99 € s DPH

### Description

Spokey brand expander. Fitness bands with a closed circuit are designed to strengthen different muscle groups. Strengthening bands can maximize the effects of training and focus on individual parts of the body. You can exercise your arms, thighs, butt or legs with them. Regardless of your current physical condition, with the set of Spokey TRACY rubbers you will choose a rubber for exercise, exactly according to your needs. The tire set offers a choice of three tires with different resistance levels (10-20 kg, 20-35 kg, 35-55 kg).

The fitness rubber set is a great choice for both beginners and professional athletes. It's great for learning the right exercise technique. The rubbers work in a similar way to a rubber expander - they allow you to perform stretching or movements to the side, thanks to which you enrich your training with new exercises and involve the necessary muscle groups in the work. Closed-circuit rubbers prove themselves wherever a smaller range and higher resistance is required.

The set consists of three mini rubbers for exercise with different levels of resistance:

- **light** (green): 10-20 kg
- **medium** (purple): 20-35 kg
- **heavy** (blue): 35-55 kg

The TRACY set is a great choice for fitness training, pilates, yoga or crossfit. Fitness g ums are made of very strong latex and polyester , thanks to which they do not deform and withstand very strong stretching.

### Product details:

- 3 universal fitness rubbers with a closed circuit and with different levels of resistance
- ideal for stretching exercises, fitness, aerobics, pilates or yoga
- rubbers are made of durable material (latex + polyester), thanks to which they do not form and can withstand extremely strong stretching
- thanks to them, you will enrich your training and engage the muscles that matter to you
- dimensions: 30 x 8 cm
- tension level: light: 10-20 kg; medium: 20-35 kg; heavy: 35-55 kg
- weight: light: 110 g, medium: 125 g, heavy: 140 g

- the set includes 3 fitness bands