

## Expander SPOKEY-RIBBON III 200 cm



**Available sizes**

**Reference number**

**Ean number**

**Quantity**

**Suggested retail price:** 14.99 € s DPH

### Description

Spokey brand expander. If you are looking for an effective and proven method for home training , use the Spokey rubber fitness set . This is universal equipment that allows you to perform stretching or strengthening exercises. Thanks to its properties and length (225 x 15 cm), the exercise rubber will add variety to your daily training . 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. You can use the strengthening bands during stretching, strengthening, aerobic or conditioning exercises, during yoga or pilates.

A set of three tires has different levels of resistance . This makes them an ideal choice for anyone, regardless of their current physical condition. During the exercise, you choose the one that best corresponds to your current form and type of training:

- **light** (light grey): 7 kg
  - **medium** : (dark grey): 12 kg
  - **heavy** (orange): 17 kg
- Light rubber (with a thickness of 0.35 mm) with the lowest level of resistance (7 kg) is ideal for beginners. It will help to get the right exercise technique and prepare the muscles for a higher load
  - Medium rubber (with a thickness of 0.45 mm and 12 kg resistance) is ideal for those who want to diversify their training
  - Heavy rubber (with a thickness of 0.55 mm and a resistance of 17 kg) is intended for those who like to exercise at 200%

Training rubbers are recommended by professionals and personal trainers. Rubbers are made of very durable material , which ensures their long service life. Thanks to them, you can train whenever and wherever you want - in the gym, at home or outside. Strengthening bands will diversify your daily exercises and allow you to adapt your training exactly according to your needs in order to engage the muscle groups that matter most to you.

**Product details:**

- 3 tires with different resistance levels : light (7 kg), medium (12 kg), heavy (17 kg)
- ideal for diversifying daily training
- will allow maximum effect from training and focus on individual muscle parts
- thanks to their shape (225 x 15 cm), they can be used for stretching exercises, fitness, aerobics, pilates, yoga or crossfit
- length: 225 cm
- width: 15 cm
- thickness: light: 0.35 mm; medium: 0.45 mm; heavy: 0.55 mm
- tension level: light: 7 kg; medium: 12 kg; heavy: 17 kg