

Expander SPOKEY-YOGA TAPE



Available sizes	Reference number	Ean number	Quantity
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Suggested retail price: 5.99 € s DPH

Description

Spokey brand expander. The belt is an accessory that will help you start practicing yoga or stretching exercises. It is intended primarily for beginning users who need support in increasing the range of motion. It can also be used for various exercises, including stretching the back of the legs.

Practicing yoga has a positive effect on our body, motivates us to stretch and increase performance. It will also allow you to find a moment for yourself - to calm down, relax, find balance. The yoga belt will support you in all stretching exercises. The belt is made of durable and pleasant material. Its dimensions (90 x 4 cm) are suitable for every user.

A yoga belt is an element whose task is to facilitate the execution of asanas and to provide maximum support when holding a position . Thanks to it, you will maintain the required flexibility of the body, which is very difficult to achieve at the very beginning of yoga practice. A yoga belt is essential during training - it helps strengthen the joints and increases our range of motion. Thanks to this, you can increase the range of your own movements without too much effort.

Product details:

- it is the best support when performing asanas and maintaining positions during exercise
- helps increase range of motion
- it has loops at the ends that make it easier to grip the belt correctly and safely during yoga practice
- dimensions: 90 x 4 cm
- intended for: yoga and pilates