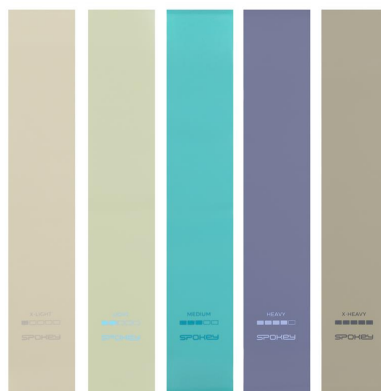


## Expander SPOKEY-ARTIO III Set 5



**Available sizes**

**Reference number**

**Ean number**

**Quantity**

**Suggested retail price:** 12.99 € s DPH

### Description

Spokey expander set. Aerobic exercise is an important factor for building shape. Thanks to gymnastic bands, you will enrich your training and engage the muscles that matter to you. Exercise bands allow you to stretch or move to the side, and thanks to their properties and length, you can include new exercises in your training, which are truly countless. In the set you will find 5 rubbers with different strength of resistance, thanks to which you can adjust the intensity of the training to your own needs.

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 those who like to exercise at 200%. They are made of latex, thanks to which they do not deform and withstand even very strong stretching. They put the so-called progressive resistance, which means that the more you stretch them during training, the stronger the resistance. They are great for weight training, pilates, aerobics, crossfit or rehabilitation.

### Product details:

- x-light: 600 x 50 x 0.35 mm
- light: 600 x 50 x 0.5 mm
- medium: 600 x 50 x 0.7 mm
- heavy: 600 x 50 x 0.9 mm
- x-heavy: 600 x 50 x 1.1 mm

resistance:

- x-light: 2.2 - 4.5 kg
- light: 4.5 - 6.8 kg
- medium: 6.8 kg - 9 kg
- heavy: 11.3 - 13.6 kg
- x-heavy: 15.8 - 18.1 kg