

A resistance band is a very convenient and effective training tool for exercising on all levels. We have a complete set of five resistance bands in our collection. Each band has a different color and a different resistance. You decide how heavy you want your workout to be and you can easily switch between resistance levels. Use it during a warming up, rehabilitation or get started with intensive exercises to build muscle strength.

These are just a few examples of exercises you can try at home immediatly. Of course, there are many more possibilities! Click on the article for more information

**Required:**



**Mini resistance band set (5 pieces)**

Material: natural latex  
Product code: 14TUSYO040  
EAN code: 8717842030752

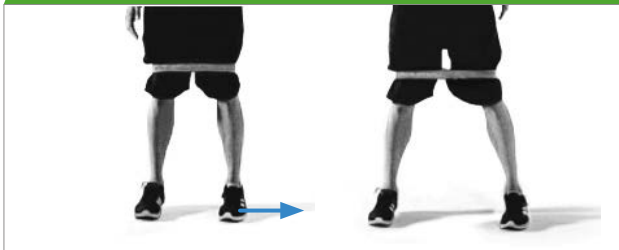
**Optional:**



**Fitnessmat NBR**

Material: solid foam  
Product code: 14TUSFU178  
EAN code: 8717842019153

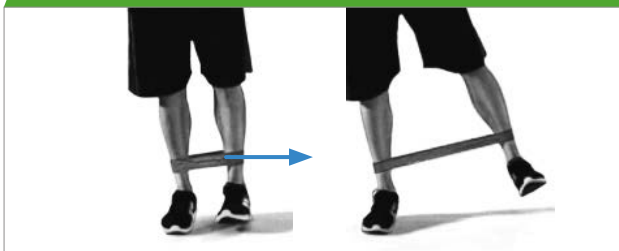
## LATERAL STRAIGHT WALK



## STRAGGET LATERAL BENT LEG WALK



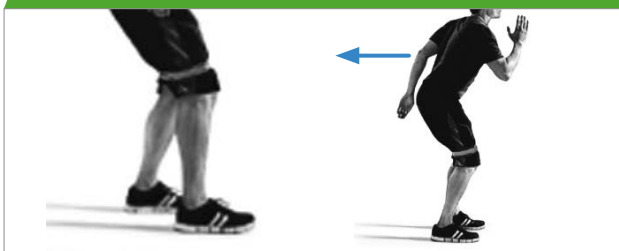
## WAY HIP - 1



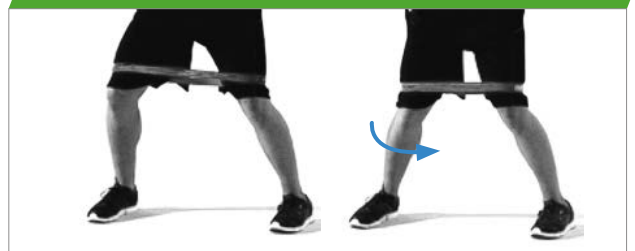
## WAY HIP - 2



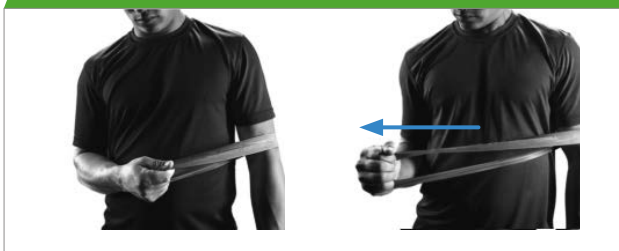
## LINEAR BENT LEG WALK



## HIP EXTERNAL ROTATION



## SHOULDER EXTERNAL ROTATION



## ALTERNATIVES ON MAT

