

DESCRIPTION

Training kit with 5 thermoplastic rubber (TPR) resistance bands: 5, 7, 9, 11, and 14kg, usable individually or in combination (maximum resistance: 46kg). Completing the equipment are two ergonomic handles with neoprene covering, a modular bar (90cm length - 45 + 45 with safety lock) with soft rubber covering, a door anchor, two ankle/wrist straps, and a convenient bag to store everything. The kit allows performing a multitude of exercises involving the muscles of the arms, chest, shoulders, thighs/legs, and abdominals.

ADJUSTABLE RESISTANCE up to 46kg: The 5 elastic bands have variable resistances of 5, 7, 9, 11, 14kg, allowing you to customize the training intensity according to your specific needs. You can follow a versatile, progressive, and diversified training program for different parts of the body.

PERSONALIZED TRAINING: Usable individually or combined, the elastic bands allow a wide range of exercises for all muscle groups, ensuring a personalized and effective training routine, able to accompany you along your toning, strengthening, and training journey.

ERGONOMIC ACCESSORIES: The ergonomic handles with soft covering, the modular bar also with soft covering, and the door anchor provide a comfortable and firm grip during exercises, ensuring a comfortable and safe training experience.

COMPLETE FITNESS SOLUTION: With ankle and wrist straps and a convenient carrying bag, the kit includes everything you need for a complete workout wherever you want, both at home and while traveling; with minimal bulk, you can take your gym with you wherever you go.

FULL BODY EXERCISES: Thanks to the variety of included accessories, the kit allows you to perform a wide range of targeted exercises involving arms, chest, shoulders, thighs, legs, and abdominals, ensuring a complete progression of your fitness level.



TECHNICAL SPECIFICATIONS.

Color

Black

STRENGTHS