

Powerbands

Power bands are great for speed training / agility drills / jump resistance or as an alternative to standing cable exercises.

They are also ideal for Pre-habilitation and Re-habilitation and Sports Specific Drills for sports such as MMA.



Seamless



Rubber



Durable



Multiple Uses



Technical Specifications

Rating	Commercial
Static Length	104 cm
Sizes Available	Black – 101mm Blue – 64mm Green – 44mm Orange – 83mm Purple – 28mm Red – 13mm

Key Features

Band thickness determines resistance	•
Seamless latex rubber	•
Very durable	•
Can be used with Olympic / Hex and EZ Bars and anchor attachments on Power Racks	•
Can be used on their own or with free weights	•