

BLACKROLL® LOOP BAND SET OF 3 32cm



BLACKROLL® LOOP BAND SET 32cm

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39,88 €

39,89 €

0,01 €

✓ Εξαντημένο

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## BLACKROLL® LOOP BAND SET

- Flexible training without unpleasant pulling on the skin, thanks to skin-friendly textiles
- Unique textile material for greater training comfort

BLACKROLL® LOOP BANDS (30 cm) are especially good for training smaller muscle chains, leading to better body stability and reduced risk of injury. The natural rubber, sheathed in skin-friendly textiles, offers all the advantages of flexible piece of training equipment without the unpleasant pulling on the skin, so it increases the fun of exercise.

The BLACKROLL® LOOP BAND SET contains 3 different bands with different stretchability and resistance: orange – light; green – medium; blue – strong.

## GENERAL TRAINING INSTRUCTIONS

- Check BLACKROLL® BANDS for damage before every training and only use BANDS in perfect condition
- Start off at lower resistance until you have mastered the exercises. Only then, we suggest to move to higher resistance and/or more repetitions
- Carry out all exercises as smoothly and slowly as possible
- Breathe calmly and regularly while training
- Exhale during the challenging part of the movement
- Avoid holding your breath
- Stop exercising immediately if you experience pain of any kind
- If you have injuries or previous injuries, speak with your doctor or therapist before beginning the exercise program
- Washable (60°) with commercially available detergents
- Do not use fabric softener.
- Iron at low temperature (level 1)
- Dry at low temperature (level 1)
- Do not wash with chlorine, do not dry clean
- Long exposure to direct sunlight will age the material more quickly

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