

Thera-Band Exercise Bands 1,5m



???????-????????????-theraband



TheraBand® Color Progression
Resistance in Kg at:

TheraBand® Color	Resistance in Kg at 25% elongation	Resistance in Kg at 50% elongation	Resistance in Kg at 100% elongation
TheraBand® Light	1.8	3.6	7.2
TheraBand® Yellow	2.3	4.6	9.2
TheraBand® Red	3.6	7.2	14.4
TheraBand® Orange	4.5	9.0	18.0
TheraBand® Green	5.4	10.8	21.6
TheraBand® Blue	6.3	12.6	25.2
TheraBand® Black	7.2	14.4	28.8
TheraBand® Silver	8.1	16.2	32.4
TheraBand® Gold	9.0	18.0	36.0

?????????: ??? ?????????? ?????

????

4,84 €

4,80 €

-0,04 €

✓ Άμεση παραλαβή
Παράδοση 1 έως 3 ημέρες

[???? ??? ??????? ??? ?? ??????](#)

?????????????: [Theraband](#)

?????????

The original Theraband Exercise Bands

[TheraBand](#) Professional *Exercise Resistance Bands* are available in 8 color-coded levels of resistance. Proper use of these systems for resistive exercise provides both positive and negative (excentric) force on the muscles, improving strength, range of motion and cooperation of muscle groups. Colour-coded progressive resistance gives at-a-glance documentation of progress from one level to the next. It is made with natural rubber latex . TheraBand™ resistive exercise systems cost much less than other exercise equipment sold with claims of achieving similar results, plus they are portable and versatile with virtually unlimited uses. TheraBand™ exercise bands are highly regarded and used throughout the world from athletes, physiotherapists , fitness trainers during recovery / rehabilitation , strength training or athletic performance . Also, it can be safely be used for exercise for pregnant women, aged groups You can use **Theraband exercise elastic bands** in combination with other fitness equipment like [kettlebells](#) , [exercise mats](#) , fitness and pilates [balls](#) , jumping ropes etc. Because of the superior quality of theraband products and bands, the company is in association with [APTA](#) (American Physiotherapy Association)

***the price is per piece

Theraband Bands in Brief:

- the original of the traditional brand TheraBand
- for moderate muscle training all over the body
- almost limitless use in strength and coordination training
- Length: 1 x 1.50 m
- Material: 100% natural latex

Theraband Bands Resistance levels available

- light / yellow: seniors, children
- medium / red: untrained women, adolescents
- strong / green: women, trained adolescents, untrained men
- extra strong / blue: well trained women, men
- special strong / black: well trained men, very well trained women

Resistance at 100% expansion

- light / yellow: 1.3 kg
- medium / red: 1.8 kg
- strong / green: 2.3 kg
- extra strong / blue: 3.2 kg
- extra strong / black: 4.4 kg

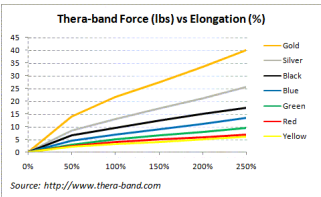
Thera-Band® Band/Tubing Color	Increase from Preceding Color at 100% Elongation	Resistance in Pounds at:	
		100% Elongation	200% Elongation
Thera-Band Tan	-	2.4	3.4
Thera-Band Yellow	25%	3.0	4.3
Thera-Band Red	25%	3.7	5.5
Thera-Band Green	25%	4.6	6.7
Thera-Band Blue	25%	5.8	8.6
Thera-Band Black	25%	7.3	10.2
Thera-Band Silver	40%	10.2	15.3
Thera-Band Gold	40%	14.2	21.3

Represents typical values. All products not available in all colors.

Theraband Exercise Bands Uses:

- Increase of Muscle Strength
- Increase of Range of Motion / Flexibility & Mobility
- Stretching
- Pilates
- Functional Training
- Sports Medicine

Theraband exercise bands are a necessary tool for athletes (tennis , football , basketball , triathletes) all over the world .



The TheraBand exercise band is a CE-certified medical device of class I

For more exercises and videos, please check [the pdf](#) or visit www.Thera-BandAcademy.com or our [Youtube](#) Channel.

??????? ??? ??????????:1