

Mini bands - loops Theraband 30,5cm



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Mini resistance bands - loops Theraband 30,5cm

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9,70 €  
  
9,27 €  
  
-0,43 €

✓ Άμεση παραλαβή  
Παράδοση 1 έως 3 ημέρες

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**TheraBand Resistance Mini Band Loops** are continuous 3" (7.5cm) wide loop elastic bands used for a variety of exercises and workouts and especially for the lower extremities. A further development by the inventors of the exercise band and the system of progressive resistance for combined exercises to increase strength and coordination. , mini Band Loop can increase muscle strength, muscle coordination, flexibility and balance, WHILE are extremely light thus portable and cost a fraction of other gym equipment. With mini elastic resistance bands, you can exercise excellent the glutes, knees and hips and of course, gluteus Medius which is a muscle often neglected but is very important for the body stability. Exercise bands outperform the weights (either kettlebells/dumbbells or exercise machines ) as you can have a functional training, "hitting" the muscles on different angles either concentric or eccentric and with maximum safety possible wherever you want (home work out, office work out). Thera-band band loops come in 4 colour-coded levels, including yellow, red, green, and blue and are available in three lay flat lengths of 8", 12" and 18" (20.5cm, 30.5cm, 45.5cm ) for different resistance.

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)

Resistance bands are the No1 exercise tool and are being used from physiotherapists, athletic and fitness trainers, athletes, coaches and patients all over the world for more than 50 years.

- closed loop strap for versatile training options - especially for the legs
- small, light and usable anywhere
- Dimensions: 7.6 cm x 30.5 cm, Ø 20 cm
- Material: latex
- also available in the diameters 20cm and 45.5cm



Uses:

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

Resistance available

- light (yellow): therapy and care as well as in rehabilitation after injuries
- medium (red): therapy and rehabilitation, in playful children's training, in prevention training
- strong (green): all-rounder for leisure and sport as well as for advanced rehabilitation and prevention training
- extra strong (blue): sophisticated tape for leisure and sport

\*Each color and band is sold separately

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| Resistance in Pounds at       |  |                 |                 |
|-------------------------------|--|-----------------|-----------------|
| Thera-Band® Band/Tubing Color | Increase from Preceding Color at 100% Elongation | 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             | 5.6             |
| 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            |

BEGINNER

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ADVANCED

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

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