

FIT BANDS

HeroStrength[®] Fit Bands provide workouts that are perfect for personal training, physical therapy, and home gyms. Band exercises are popular due to the controlled movements and resistance-training that is so prominent in today's fitness market. You can easily take the bands with you anywhere and have a cost (and space) effective workout at your fingertips. HeroStrength[®] Fit Bands work your arms, back, legs, and gluteal muscles without needing to purchase expensive equipment or a long-term gym-membership. HeroStrength[®] Fit Bands come in 8 different colors and sizes.

- A space-effective workout you can take on-on-the-go. Slips easily in your suitcase for a travel workout at your hotel
- Premium latex material is durable enough to withstand the most advanced strength workout
- Effective for those beginning band workout training
- Use for pilates, yoga, physical therapy, or rehabilitation
- Bands are popular workout and easily accessible items

