

RESCUE BAGS

The HeroStrength® “Rescue” Bag is simply a remarkable all-around versatile fitness tool that differs from the static resistance of traditional weights and works for all functional training zones of the New Era.

- Range of weight options
- 3 type of versatile handles and straps
- Variable angular resistance
- Bright colors
- 1 Year Warranty

Dynamic Movements include: pushing, twisting, swinging, pulling, bending, rotating, squatting, lunging and throwing. It can also be added to one's body weight to perform jumps, squats, pull-ups, push-ups, and power crunches. Perfect for High-Intensity Interval Training workouts with fast-paced metabolic results. The HeroStrength® “Rescue” Bag will boost your heart rate offering a full-body workout in a short space of time. Effectively burns fat while developing muscle, this versatile and effective functional training product will strengthen and increase muscular endurance of the grip, wrists, arms, shoulders, back, legs, and rotational muscles. It is a necessity for any gym, PT, group training sessions or home workouts!

