

PREMIUM QUALITY BOOTY BANDS

YOU ARE IN CONTROL

Train Wherever, Whenever

FITWORQ

Ontdek de voordelen van onze
weerstandsbanden

www.fitworq.com

Booty workout with resistance bands



Running in place



Pelvic lift



Squats



Lunges



Leg side abduction



Deadlift



Donkey kick backs



Standing clamshell



Side lying leg raise