

20 Minutes a Day.

Resistance Bands help you focus on five key target areas. Just 20 minutes a day and you'll see results in 30days!

ABS



Glutes



Quads



Calves



Hamstrings



The resistance band is light and small and easy to carry. You can exercise anywhere. Home, gym, outdoor, etc.

CARE INSTRUCTIONS

- Wash by hands in cold water
- Do not use bleach or fabric softener
- Rinse thoroughly and dry
- Before storage please clean and dry thoroughly
- fold neatly
- put in a cool and dry place with good ventilatio