

BSTB Resistance Bands



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These 41" bands are a cost effective and simple way to add intensity to any training routine. The BSTB1 and BSTB2 are best used for general conditioning, stretching, and rehabilitation. Either band works well for beginners and novice weightlifters. For stronger bench presses and lower body exercises, the BSTB3 and BSTB4 work well. For obtaining maximum resistance during squats, deadlifts, leg presses and shrugs, the BSTB5 is our top of the line band.

5 Levels of Resistance

- All Bands are 41 inches in length
- BSTB1 Orange, Lightest Resistance - 1/2" Width
- BSTB2 Green, Light Resistance - 3/4" Width
- BSTB3 Red, Medium Resistance - 1 1/8" Width
- BSTB4 Blue, Heavy Resistance - 1 3/4" Width
- BSTB5 Purple, Ultra Resistance - 2 1/2" Width

