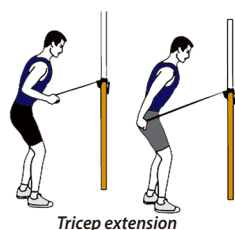
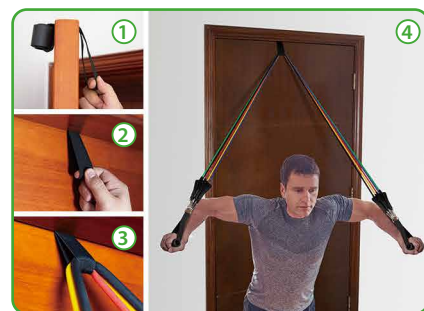
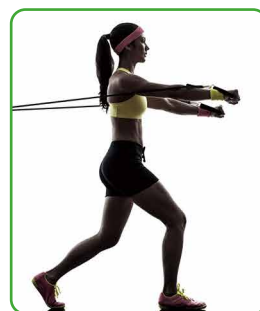
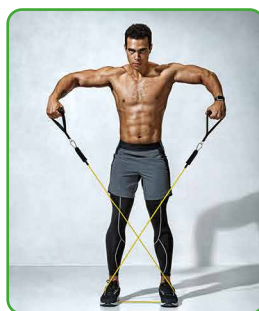


Set de bandes élastiques 11 pièces LX-024

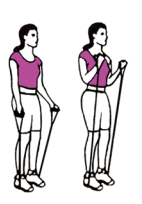
64 niveaux de résistance, plus de 70 exercices



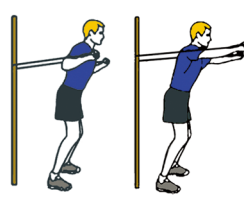
Tricep extension



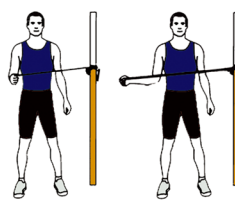
Bicep curl



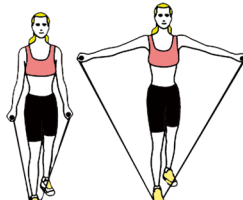
Bicep hammer curl



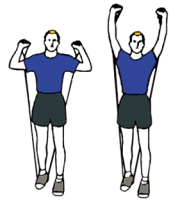
Chest press



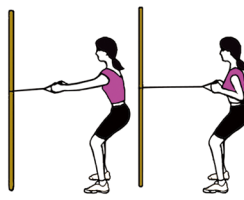
Chest fly



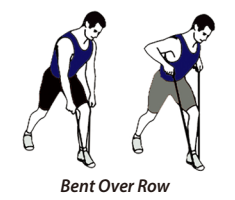
Lateral raise



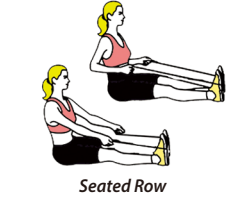
Shoulder press



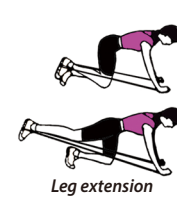
Standing row



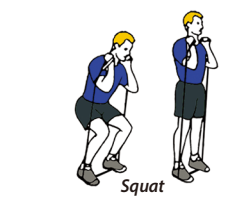
Bent Over Row



Seated Row



Leg extension



Squat

5

• 5 bandes de résistance
(4,5/6,8/11,3/13,6/15,9 kg)



• Grand ancrage de porte
pour les charges élevées



• 2 poignées



• 2 sangles pour les pieds



• Sac de transport

64

• 64 Niveau de résistance



• Aperçu de l'exercice



Numéro d'article 4898