

exercise bands and tubing

low powder exercise bands*

- lightweight and portable exercise solution for upper or lower body exercise
- effective when used alone or with handles and anchors
- available in 8 color-coded resistance levels

color	resistance level	6-yd dispenser	50-yd dispenser
<i>tan</i>	<i>xx-light</i>	<i>AL-63212A-TN</i>	<i>AL-63212C-TN</i>
<i>yellow</i>	<i>x-light</i>	<i>AL-63212A-YW</i>	<i>AL-63212C-YW</i>
<i>red</i>	<i>light</i>	<i>AL-63212A-RD</i>	<i>AL-63212C-RD</i>
<i>green</i>	<i>medium</i>	<i>AL-63212A-GN</i>	<i>AL-63212C-GN</i>
<i>blue</i>	<i>heavy</i>	<i>AL-63212A-BL</i>	<i>AL-63212C-BL</i>
<i>black</i>	<i>x-heavy</i>	<i>AL-63212A-BK</i>	<i>AL-63212C-BK</i>
<i>silver</i>	<i>xx-heavy</i>	<i>AL-63212A-SL</i>	<i>AL-63212C-SL</i>
<i>gold</i>	<i>xxx-heavy</i>	<i>AL-63212A-GD</i>	<i>AL-63212C-GD</i>



exercise tubing*

- an economic solution for rehabilitation and strength training
- lightweight resistance tubing is compact and portable
- effective when used alone or with handles and anchors
- available in 8 color-coded resistance levels

color	resistance level	25-ft bag	100-ft box
<i>tan</i>	<i>xx-light</i>	<i>AL-63261A-TN</i>	<i>AL-63261C-TN</i>
<i>yellow</i>	<i>x-light</i>	<i>AL-63261A-YW</i>	<i>AL-63261C-YW</i>
<i>red</i>	<i>light</i>	<i>AL-63261A-RD</i>	<i>AL-63261C-RD</i>
<i>green</i>	<i>medium</i>	<i>AL-63261A-GN</i>	<i>AL-63261C-GN</i>
<i>blue</i>	<i>heavy</i>	<i>AL-63261A-BL</i>	<i>AL-63261C-BL</i>
<i>black</i>	<i>x-heavy</i>	<i>AL-63261A-BK</i>	<i>AL-63261C-BK</i>
<i>silver</i>	<i>xx-heavy</i>	<i>AL-63261A-SL</i>	<i>AL-63261C-SL</i>
<i>gold</i>	<i>xxx-heavy</i>	<i>AL-63261A-GD</i>	<i>AL-63261C-GD</i>

band/tubing accessory kit

- accessories to enhance a band or tubing workout
- includes adjustable foam handles (pair), door anchor, and loop stirrup anchor



Call

accessory kit



*also available in latex-free; please call for details