

# TEXSTRETCH

Becoming You...



SHOP ONLINE

[www.texstretch-sports.com](http://www.texstretch-sports.com)

## CUFF



Texstretch Cuff is a unique progressive resistance companion which supports the 'home-gym' concept for lower body toning and strengthening. It combines the effectiveness of exercise stretch bands with the comfort and convenience of padded cuffs to make it even easier and more effective to perform multi-directional movements. It also allows a full range of motion for desired training.

Stretching components of the Texstretch Cuff is made of natural latex to offer the quality and the durability.



## FEATURES

- Strengthen and tone your lower body.
- Designed to use for multiple directions.
- Facilitates for both versions of Static & Dynamic exercises.
- Supports for a full range of motion.
- Ideal for conditioning hips, thighs, and glutes.
- Comfortable and adjustable soft padded ankle cuffs.
- Resilient, lightweight and portable travel companion.

## INSTRUCTIONS

- Simply wrap each cuff around your ankles.
- Use the product as prescribed by your coach/physiotherapist for the prescribed sets and repetitions.
- Relax before you commence exercises. Avoid hyper-extending or over-flexing the joints when exercising.
- Always do warm-up before exercises. Take a rest between sets.

## WARNING

- Before each use, check the product for damages. Avoid it being scratched by the sharp edges.
- This product contains natural latex and may cause allergic reactions for some.
- Consult your instructor or personal doctor, in case of any physical discomfort.
- Store in a cool, dry place and away from moisture, heat & direct Sunlight. To clean, use a damp cloth with lukewarm water and wipe the product.
- Keep the product away from children.

## SPECIFICATIONS

Strength Level / Colour	Size				Resistance at Elongation (Kg)		
	Length	Thickness	ID	OD	100%	200%	300%
Extra Light	32"	1.85mm	4.8 mm	8.5 mm	5	7	9
Light	32"	2.75mm	4.8 mm	10.3 mm	9	12	15
Medium	32"	3.25mm	4.8 mm	11.3 mm	11	14	17
Heavy	32"	3.75 mm	4.8 mm	12.3 mm	13	16	19

\* Follow the applicable disposal mechanism available at your domain.



**MANUFACTURED IN SRI LANKA:**

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