

TEXSTRETCH

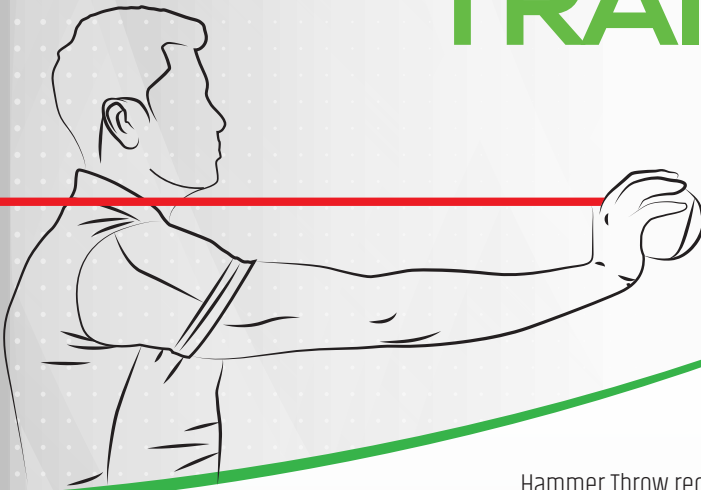
Becoming You...



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www.texstretch-sports.com

HAMMER THROW TRAINER



Hammer Throw requires skills in Core Movements, Rotational Technique, Stability, Speed, Balance, Power along with the whole-body strength and therefore D-Ball, Olympic Bar and Weights are used for building the same. Same or superior results are to be obtained from the practice sessions with the Texstretch Hammer Throw Trainer.

Stretching components of the Texstretch Hammer Throw Trainer is made of natural latex to offer the quality and the durability.



FEATURES

- Enhances Core Movements, Rotational Technique and Stability
- Ideal for gaining Flexibility, Speed, Endurance and Strength.
- Supports body coordination.
- Equally handy in the usage for Discus Throwers
- Resilient, lightweight and portable travel companion.

INSTRUCTIONS

- 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 or injury.
- Store in a cool, dry place and away from moisture, heat & direct Sunlight. To clean, use a dampened 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%
Red	52"	2.5 mm	6.3 mm	11.3 mm	5.5	7	8.5

* Follow the applicable disposal mechanism available at your domain.



MANUFACTURED IN SRI LANKA:

TEXTRIP (PVT) LTD.,

No.122, YMBA Building, Sir Baron Jayathilake Mw, Colombo 01, Sri Lanka.

E-mail: sales@elasto.lk



+94 71 869 3949 (Sri Lanka)
+94 71 766 9820 (International)



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