

TEXSTRETCH

Becoming You...



SHOP ONLINE

www.texstretch-sports.com

STRIPS

The Texstretch Strip is great for physical therapy, personal practices, seniors, children and travel. They bring resistance to any workout and build strength and tone muscles.

Texstretch Strips are ideal for those new to fitness, as well as those in need of rehabilitation, looking to tone and build strength. Whether an expert in the gym, a beginner to working out, or rehabilitating after an injury, Texstretch Strips work in effective form of strength training that provide variety for your workouts and challenge your muscles in new ways.

They allow you to work from different angles to involve more muscle groups, with a greater range of motion. The flat, lightweight design is extremely versatile for upper/lower body and Pilates exercises. Texstretch Strips are made of natural latex to offer the quality and the durability.



FEATURES

- Designed for both therapeutic and strengthening purposes
- Facilitates for both versions of Static & Dynamic exercises.
- Can be used for all types of workouts and fitness levels
- 4ft long Strip
- Brings resistance training to any exercise
- Helps build strength and tone muscles
- 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.
- Do not over stretch Tubes more than 03 times of their length.
- 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	Width	100%	200%	300%
Red	4'	0.15 mm	5½"	1.5	2	2.5
Orange	4'	0.2 mm	5½"	2	2.5	3
Yellow	4'	0.25 mm	5½"	2.5	3	3.5
Green	4'	0.3 mm	5½"	3.5	4	4.5
Blue	4'	0.4 mm	5½"	4.5	5	5.5
Indigo	4'	0.55 mm	5½"	6.5	7.5	8.5
Violet	4'	0.68mm	5½"	9	10	11

* Follow the applicable disposal mechanism available at your domain.



MANUFACTURED IN SRI LANKA:

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ISO 14001:2015
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