

TEXSTRETCH

Becoming You...



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DAITAN SPEEDER FULL SET



Texstretch Daitan Speeder - Full Set is an innovative progressive resistance training product. Multi layered latex bands are used to achieve the progressive resistance of this product. There are five resistance bands which can be connected to ankles, wrists and waist. Free ends of each band should be connected to one fixed point.

Stretching components of the Texstretch Daitan Speeder - Full Set is made of natural latex to offer the quality and the durability.

FEATURES

- Suitable for multiple sports related exercises.
- Ideal for gaining Flexibility, Speed, Endurance and Strength.
- Regulates Oxygen flow to improve lung endurance and athletic performance.
- Supports body coordination.
- In the inclined overhead leg lift and forward jump leg extensors, Abdominal muscles can be worked.
- Through the Trunk Extension Exercise Back Muscle can be worked
- Using Knee-Tuck Jump Calves, Knees, and Hip Extensors can be worked
- Using Thrust Legs Upward and Backward the Extensors can be worked
- Back Kick Exercise Supports Calves, Knees, and Hip Extensors
- 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 | Width | 100% | 200% | 300% |
| Standard | 72" | 4.5 mm | 1/2" | 6 x 5 | 8 x 5 | 10 x 5 |

* Follow the applicable disposal mechanism available at your domain.



MANUFACTURED IN SRI LANKA:

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