

# TEXSTRETCH

Becoming You...



SHOP ONLINE

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

## BAND 41"

Anyone new to exercise knows how challenging it can be to build the strength and flexibility required for many exercises. Any advanced athlete knows it's critical to find new ways to keep their body challenged. Textstretch Resistance Bands are the perfect workout partner for either type of person, giving you the assistance and challenge you need to progress in strength, power, and agility.

The thick, extra-strong Textstretch 41" Band is designed for full body extension and heavy-duty use. The band works out leg muscles, stretches hips and shoulders, provides resistance for walks, shuffles, lunges, and helps prevent and rehabilitate sprained ankles.

Using Textstretch Resistance Bands is like having a workout partner whenever you need a little assistance as you work hard to progress. They can be paired with common exercises to generate more resistance in workouts, enabling seasoned athletes to develop more muscle and strength. The closed-loop design is thin and lightweight, yet durable.

There are (7) color-coded versions of the natural latex rubber stretch bands to choose from, each measuring 41" in length, but varying in width, thickness, and overall resistance. This makes each band more specialized for certain types of training.



## FEATURES

- Designed for heavy-duty use.
- Work out muscles and provide resistance.
- Help prevent and rehabilitate sprained ankles.
- 41 inches long band
- Comparatively safer to use
- Portable travel companion.
- Facilitates for both versions of Static & Dynamic exercises.

## 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 04 times of their length.
- Store in a cool, dry place and away from moisture, heat & direct Sunlight. To clean, use a damped 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(mm)	Width	100%	200%	300%
ORANGE	41"	4.5	1/4"	4	5	6
RED	41"	4.5	1/2"	6	8	10
GREEN	41"	4.5	1 1/8"	9	12	15
BLACK	41"	4.5	1 3/4"	12	15	18
PURPLE	41"	4.5	2 1/2"	18	22	26
RED	41"	4.5	3 1/4"	27	32	37
SILVER	41"	6.3	4"	33	39	45

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