

CommFIT

CF-Band-STR



Comm-Fit bands are perfect for personal training and for use in fitness clubs and home gyms. Seven resistance levels for any user, whether you are an experienced athlete or just beginning fitness training. Ideal for short, limited movements. Fits comfortably around the upper and lower legs and allows users to work the hip and leg muscles.

Features:

- Cost-effective and space-saving
- Adaptable, suitable for all levels of exerciser
- Comprehensive all-body exercise tool
- 7 resistance levels
- Useful for a huge variety of exercises that target the legs, core, arms, and back

Band Resistance Breakdown:

- **Extra Light, Orange:** 1/4" W, provides 2-6 lbs. of resistance.
- **Light, Red:** 1/2" W, provides 5-25 lbs. of resistance.
- **Medium, Black:** 1" W, provides 10-35 lbs. of resistance.
- **Heavy, Purple:** 1 1/8" W, provides 30-50 lbs. of resistance.
- **Extra Heavy, Green:** 1 3/4" W, provides 65-85 lbs. of resistance.
- **Ultra Heavy, Blue:** 2 1/2" W, provides 80-100 lbs. of resistance.
- **Super Heavy, Black:** 4" W, provides up to 200 lbs. of resistance.