

6 BANDS



BIG TRENDS RESISTANCE BANDS



Light
Weight



6 Levels
of resistance



Superior
quality









RESIST FIT

●○○○○○
X-Light



RESIST FIT

●●○○○○
Light



RESIST FIT

●●●○○○
Medium



RESIST FIT

●●●●○○
Heavy



RESIST FIT

●●●●●○
X-Heavy



RESIST FIT

●●●●●●
XX-Heavy



6

RESISTANCE LEVELS

Color	Strength	Thickness	Weight	Recommended for
	X-LIGHT	0.45 mm	5-10 lbs	For rehab or beginners
	LIGHT	0.5 mm	8-13 lbs	Beginners / Intermediate
	MEDIUM	0.7 mm	10-18 lbs	For average fitness level
	HEAVY	0.9 mm	15-25 lbs	For already fit
	X-HEAVY	1.15 mm	20-30 lbs	For advanced exercise
	XX-HEAVY	1.40mm	30-45 lbs	For muscle development

