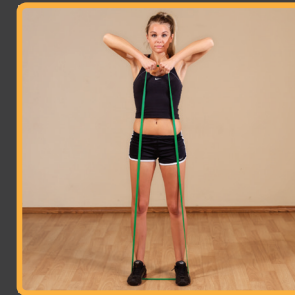




BSTB Lifting Bands



These 41" bands are a cost effective and simple way to add intensity to any training routine. The BSTB1 and BSTB2 are best used for general conditioning, stretching, and rehabilitation. Either band works well for beginners and novice weightlifters. For stronger bench presses and lower body exercises, the BSTB3 and BSTB4 work well. For obtaining maximum resistance during squats, deadlifts, leg presses and shrugs, the BSTB5 is our top of the line band.



BSTB5
Ultra Resistance - 2 1/2" Width



BSTB4
Heavy Resistance - 1 3/4" Width



BSTB3
Medium Resistance - 1 1/8" Width



BSTB2
Light Resistance - 3/4" Width



BSTB1
Lightest Resistance - 1/2" Width

Body-Solid, Inc.
1900 S Des Plaines Ave.
Forest Park, IL 60130 USA
800.833.1227 • www.bodysolid.com