

# PMX RESISTANCE BANDS



## USES

- Resistance assistance for bench presses, deadlifts, shrugs & squats
- Speed and agility training
- Jumping
- Plyometric
- Aerobics
- Stretching
- Mobility/flexibility exercises
- General conditioning
- Rehabilitation

Item	Description	Resistance
LIFT U HEAVY	41" Band#7, 4" Orange Ultra Hvy Resistance	236 lb
LIFT EX HEAVY	41" Band #6, 3 1/4" Purple X Hvy Resistance	190 lb
LIFT LARGE	41" Band #5, 2 1/2" Black Lrg Resistance	144 lb
LIFT HEAVY	41" Band #4, 1 3/4" Blue Hvy Resistance	106 lb
LIFT MEDIUM	41" Band #3, 1 1/8" Green Med Resistance	72 lb
LIFT LOW	41" Band #2, 13/16" Purple Low Resistance	44 lb
LIFT EX LOW	41" Band #1, 1/2" Red Ex Low Resistance	22 lb