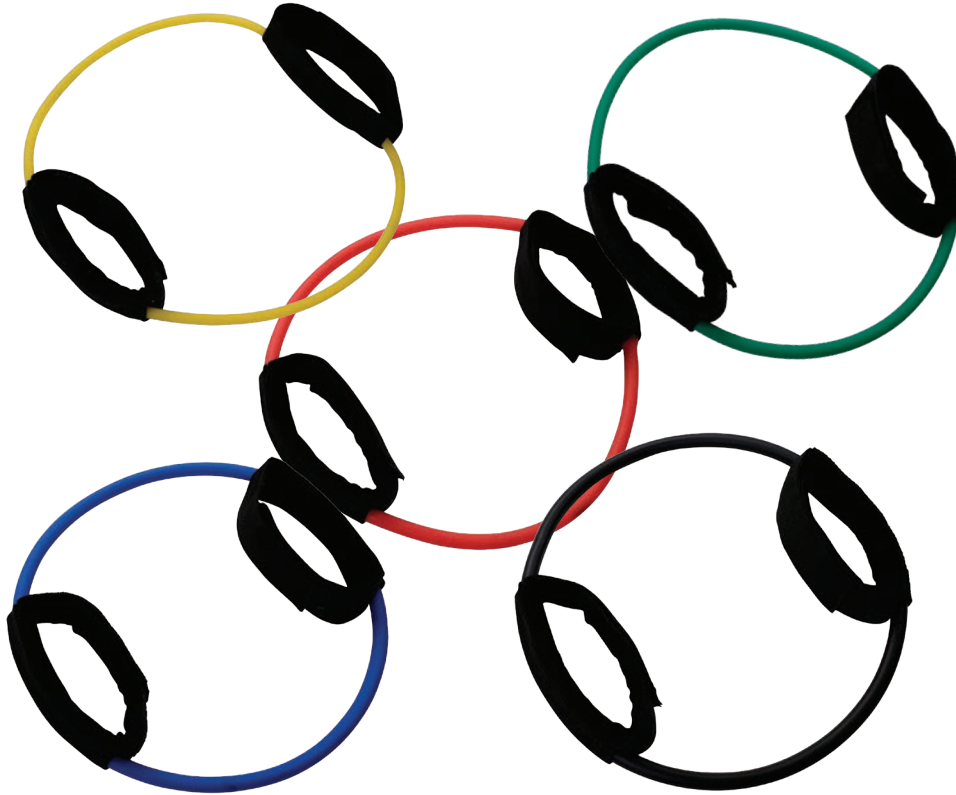


BSTART Ankle Cuff Resistance Tubes



BSTART Ankle Cuff Resistance Tubes

Body-Solid Tools BSTART Ankle Cuff Resistance Tubes are rubber resistance tools designed specifically for lower body workouts and movements. Strengthen and tone your hips, thighs, glutes and more with full range of motion thanks to these helpful tools. The BSTART Ankle Cuff Resistance Tubes feature soft-padded 2" wide Velcro ankle cuffs, a durable exterior and a hook and loop closure for a precise and secure fit during exercise. Mobility is key with these tools as they allow users to go in multiple directions (forward, backward, diagonal and side-to-side) for full range of motion. The BSTART Ankle Cuff Resistance Tubes are a fully-adjustable and portable way to develop speed, agility and reaction time, strengthen the lower body and perform several rehabilitation exercises.

BSTART Ankle Cuff Resistance Tubes are available in five color-coded resistance levels: Yellow (Very Light), Green (Light), Red (Medium), Blue (Heavy) and Black (Very Heavy).

Special Features

- Strength, tone and work your lower body
- Full range-of-motion for precise and effective training
- Soft-padded ankle cuffs
- Durable exterior
- Hook & loop closure for secure fit
- 36" circumference
- Available in five color-coded resistance levels:

Item #	Color	Resistance
BSTART1	Yellow	Very Light
BSTART2	Green	Light
BSTART3	Red	Medium
BSTART4	Blue	Heavy
BSTART5	Black	Very Heavy