

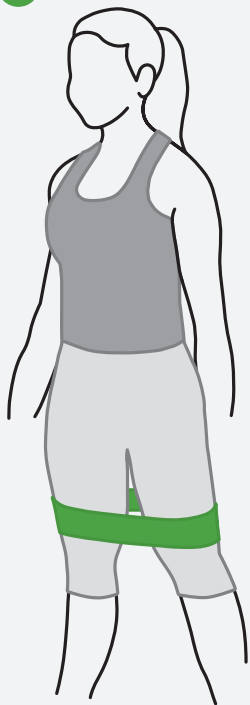
Fabric Resistance band

Träningsband i textil / Treningsbånd /
Fitnessband aus Stoff / Kankainen vastuskuminauha

**Training tips / Träningstips / Treningstips /
Trainingstipps / Harjoitusvinkkejä**



1

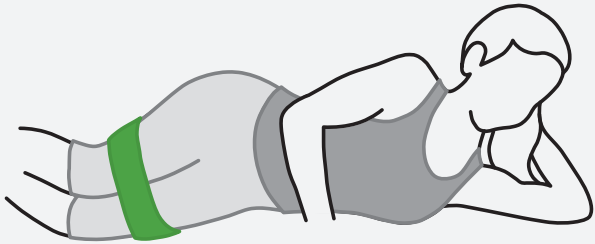


2

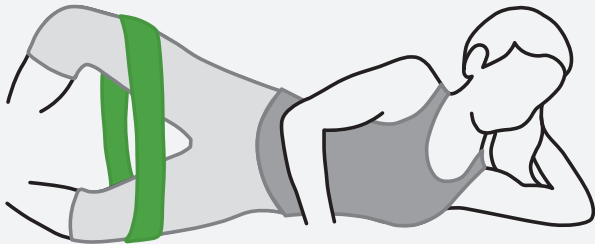


Squat

1

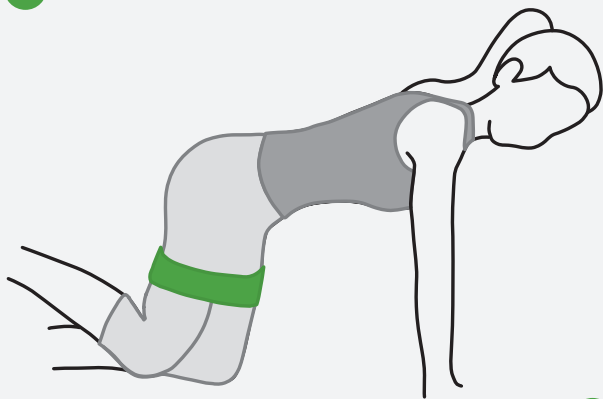


2

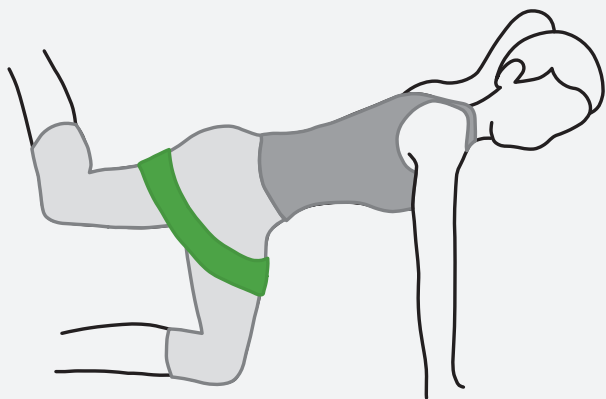


Clamshell

1



2



Glute kickback

1



2



Lateral shuffle



Customer Service Rusta: Tel. +46 (0)771 28 10 10
Consumer contact: Rusta Customer Service, Box 5064,
194 05 Upplands Väsby, SWEDEN
Website: www.rusta.com
E-mail: customerservice@rusta.com