

Resistance Band

NEW PRODUCT

Gently strengthen muscles, improve mobility, and aid recovery with Promedics Resistance Band – designed to support rehabilitation and gentle exercise.

Whether you're recovering from an injury, managing joint pain, or improving flexibility, this high-quality band provides controlled resistance to help you move with confidence.

- + Non-latex
- + 45 meter length rolls
- + Dispenser boxes



LIGHT
MEDIUM
HEAVY
EXTRA HEAVY
ULTRA HEAVY

Resistance	Colour	Code	Length	Width	Thickness	Unit
Light	Blue	RB/BLUE/45	45 m	10 cm	0.25 mm	Roll
Medium	Orange	RB/ORANGE/45	45 m	10 cm	0.3 mm	Roll
Heavy	Green	RB/GREEN/45	45 m	10 cm	0.35 mm	Roll
Extra Heavy	Red	RB/RED/45	45 m	10 cm	0.4 mm	Roll
Ultra Heavy	Black	RB/BLACK/45	45 m	10 cm	0.5 mm	Roll



Instructions
for use