



BSTRT 1-5

Body-Solid Tools - Resistance Tubes



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Our Body-Solid Tools Resistance Tubes are an excellent apparatus for anyone interested in completing full body workouts in less time. Athletes, fitness enthusiasts, novice and advanced trainees alike benefit by including resistance tubes within training regimens. Their lightweight design, versatility and low cost make them the perfect choice for many applications. Resistance Tubes are some of the most affordable training tools available and can provide an effective upper- and lower-body workout for just about anyone.

Perfect for strength training and rehabilitation our Resistance Tubes allow you to work in multiple planes of movement. Their elastic properties give you varying levels of intensity, and every exercise provides a full range of motion. Whether your workouts involve group exercise in the club or in-home personal training, tubing and bands come in a multitude of sizes, forms, and resistance levels to match most abilities.



Available in 5 levels of resistance

- BSTRT1 - Yellow – Very Light
- BSTRT2 - Green – Light
- BSTRT3 - Red – Medium
- BSTRT4 - Blue – Heavy
- BSTRT5 - Black – Very Heavy