



RESISTANCE BANDS

Lifespan Fitness Resistance Loop Bands are perfect for all types of training, stretching and can be used anywhere, at anytime!

COLOUR	DIFFICULTY	RESISTANCE	SIZE	PRICE
Red	Very Easy	2.5kg - 10kg	5mm	\$4.99
Blue	Easy	5kg - 15kg	13mm	\$9.99
Purple	Medium	15kg - 30kg	21mm	\$13.99
Orange	Hard	25kg - 45kg	32mm	\$19.99
Green	Very Hard	35kg - 60kg	45mm	\$24.99



Resistance Bands Set **\$59.95**