

# ALFAcare FITNESSBANDS



## AlfaCare Rubberband



X-Light Light Medium Hard

**Available with multiple resistance levels: X-Light, Light, Medium, Hard. Sold separately and as 4-pack containing X-Light Light, Medium and Hard.**

AlfaCare Rubberband is perfect for group training or for working out at home! The rubberband is small and easy to store at home. Keep it in a cabinet or drawer and pull it out for a quick work out!

AlfaCare Rubberband is available with different levels of resistance and can be used to perform a number of exercises!

Circumference: 58 cm

## AlfaCare Miniband



X-Light Light Medium Hard

**Available with multiple resistance levels: X-Light, Light, Medium, Hard. Sold separately and as 4-pack containing X-Light Light, Medium and Hard.**

The same as AlfaCare Rubberband only wider and with circumference of 50 cm. AlfaCare Miniband is perfect for group training or for working out at home! The Miniband is small and easy to store at home. Keep it in a cabinet or drawer and pull it out for a quick work out!

The four varieties of AlfaCare Miniband can be used to perform a number of exercises and gives you the opportunity to vary the resistance depending on the exercise.

## AlfaCare Rubberband XXL



X-Light Light Medium Hard X-Hard

**Available with multiple resistance levels: X-Light, Light, Medium, Hard, X-Hard.**

AlfaCare Rubberband XXL is a large Rubberband with possibilities for a variety of exercises! AlfaCare Rubberband XXL is perfect for group training or for working out at home!

The four varieties of AlfaCare Rubberband XXL can be used to perform a number of exercises and gives you the opportunity to vary the resistance depending on the exercise.



## AlfaCare Exertube 140 cm

Without textile reinforcement

**Available with multiple resistance levels: X-Light, Light, Medium, Hard, X-Hard.**

AlfaCare Exertube is perfect for group training or for working out at home! AlfaCare Exertube comes with plastic handles that fits your hand perfectly.



## AlfaCare Exertube 140 cm

With textile reinforcement

**Available with multiple resistance levels: X-Light, Light, Medium, Hard, X-Hard.**

The textile reinforcement prevents wear and tear from shoes and floors. AlfaCare Exertube is perfect for group training or for working out at home!

AlfaCare Exertube comes with plastic handles that fits your hand perfectly.



X-Light Light Medium Hard X-Hard



## AlfaCare Fitnessstube 20 m

**Available with eight different resistance levels: XXX-Light, XX-Light, X-Light, Light, Medium, Hard, X-Hard, XX-Hard.**

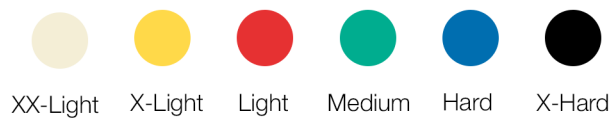
Delivered on a 20 meter roll. Cut to preferred length. AlfaCare Exertube 20 meter is perfect for rehabilitation and general work outs. Cut the Fitnessstube to preferred length depending on what exercise you want to perform.

Perfect for physical therapy and work outs. The Fitnessstube is durable and can be used to perform a wide range of exercise drills by itself or in combination with other equipment



XXX-Light XX-Light X-Light Light Medium Hard X-Hard XX-Hard





## AlfaCare Fitnessband

**Available in rolls of 5,5 and 25 meters and with resistance levels XX-Light, X-Light, Light, Medium, Hard and X-Hard.**

AlfaCare Fitnessband is effective for rehabilitation and general work outs. Fitnessbands are also used in pilates and yoga. Cut the Fitnessband to preferred length.

The Fitnessbands are produced from high quality materials and are long lasting. Can be used to perform a wide range of exercise drills by itself or in combination with other equipment.

**ALFACARE**

[www.alfacare.no](http://www.alfacare.no), [post@alfacare.no](mailto:post@alfacare.no), tlf: +47 35 02 95 95

[www.alfacare.dk](http://www.alfacare.dk), [info@alfacare.dk](mailto:info@alfacare.dk), tlf: +45 34 11 88 88

[www.alfacare.se](http://www.alfacare.se), [info@alfacare.se](mailto:info@alfacare.se), tlf: +46 08-564 85 030