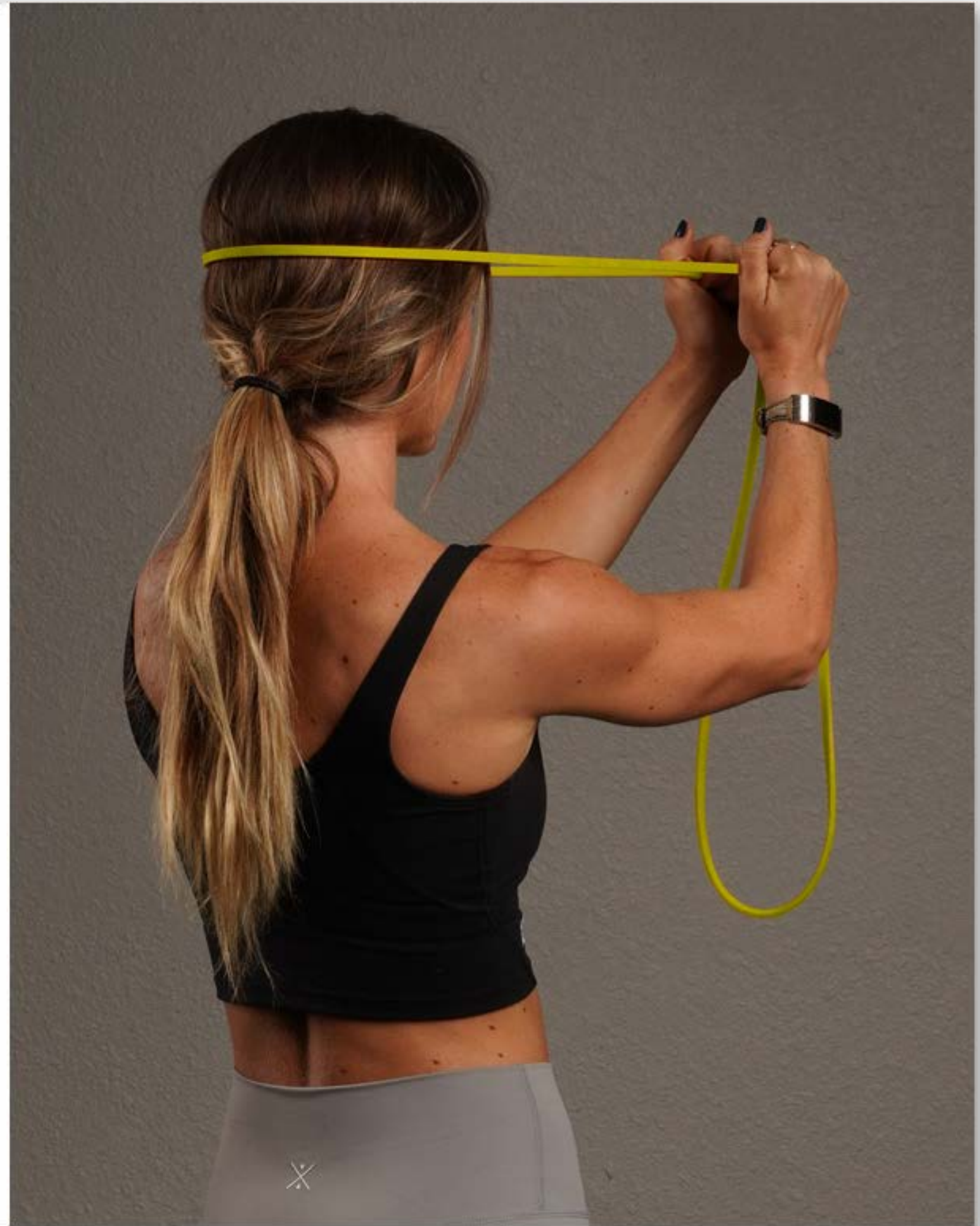


POWER BANDS

Our Power Bands are made from a durable latex rubber, and come in six different color coded resistance levels. Our extra-extra-light and extra-light bands offer lighter resistance for general conditioning and rehab. Our light and medium bands deliver moderate resistance for banded bench presses and squats + more intense mobility work. Our heavy and extra-heavy bands offer stronger resistance for experienced, high-level athletes looking to get more out of their squats, deadlifts, leg presses, shrugs, etc. All Iron Neck Power Bands measure the same 41" in length and feature exclusive Iron Neck branding. Customers can order the band or bands best suited to their needs, whether you just want a better way to stretch in your home gym, or you need to fully equip a large training facility with a variety of bands for multiple uses.

Product Size: 40" x 0.2" x 0.5" | <1 lbs.
Shipping Size: 10" x 1.5" x 0.5" | <1 lbs.



SPEED TRAINING BUNDLE

By adding an element of resistance (or assistance) to virtually any drill, this simple portable belt-and-cable system allows athletes to go through a full range of natural movements while developing greater power, quickness, and explosiveness.

Product Size: 36" x 0.5" x 5" | 1.5 lbs.
Shipping Size: 8" x 8" x 6" | 2 lbs.



HIP & GLUTE TRAINING BAND

The Iron Neck Hip & Glute Training Band delivers a higher level of lower body resistance training.



Product Size: 9" x 2" x 0.25" | <1 lbs.
Shipping Size: 9" x 2" x 0.25" | <1 lbs.

HIP & GLUTE TRAINING LOOPS (SET OF 3)

Iron Neck Hip & Glute Loops come in three different resistance levels, making them a great full-body training option for users of any size and experience level. The versatility of these quality resistance loops also makes them a wise option for personal trainers or owners of a large-scale training facility.



Product Size: 9" x 2" x 0.25" | <1 lbs.
Shipping Size: 9" x 2" x 0.25" | <1 lbs.