

## Suspension Trainer Straps Workout

RRP: \$214.95

*Our suspension trainer straps will enhance your workout at the gym or at home!*

Whether your workout is a daily exercise routine or if you're training for MMA, our strength-training suspension/resistance straps will provide the maximum results. At home, the straps can be hooked onto a sturdy door. Outside, the straps can be hooked onto any appropriate anchor point.

These training straps are of exceptional quality and are designed for full-body workouts that focus on overall and core strength, mobility and tone. These suspension trainers force integration of core and glute strengthening and are ideal for professional training as well as for workouts in the home gym. Training programs for the beginner as well as the advanced powerlifter will be enhanced with the addition of this must-have workout gear.

The straps are built for upper-body pushing and pulling exercises including push-ups and inverted rows and for lower body reps such as dynamic squats. You can build and tone muscles, strengthen joints and burn fat all at the same time. Don't sit at a machine that isolates muscle groups. Resistance training will challenge all your muscle systems.

The resistance training straps can be conveniently carried in your workout bag and taken anywhere. Wherever your destination – park, playground or hotel room – it can be transformed for your custom workout when you take along these training straps.

### Features:

- Rubber Handles with Foot Loops
- Durable, comfy and easy to clean
- Anti-slip design
- Door anchor
- Suspension anchor
- Strap extender
- Mesh carrying bag

