



BAND 411

KNOW YOUR BANDS

Band	Color	Weight	Length	Width	Thickness	Usage
Micro	Orange	10 lbs	41 in	1/4 in	4.5 mm	Rotator Cuff, Retraction, etc. (Great Youth Band Starter)
Mini	Red	25 lbs	41 in	1/2 in	4.5 mm	Chest, Back, Arm, Neck & Shoulder exercises
Monster Mini	Black	35 lbs	41 in	1/2 in	6.35 mm	Used as Mini by more experienced. Used as Light by less experienced
Light	Purple	50 lbs	41 in	1 1/4 in	4.5 mm	Stretching for Beginners: Squats, Deadlifts, Shrugs, Agilities
Average	Green	75 lbs	41 in	1 3/4 in	4.5 mm	Advanced Stretching: Lower Body, Dip-chin Assist, Agilities
Strong	Blue	100 lbs	41 in	2 1/2 in	4.5 mm	Advanced Users: Lower Body Exercises
Monster	Black	125 lbs	41 in	4 in	4.5 mm	Very Advanced Users: Lower Body *Do Not Order w/out Consulting*
Long	Double Green	75+ lbs	2 m	1 3/4 in	5 mm	Agilities to avoid looping 2 Green Bands together

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