

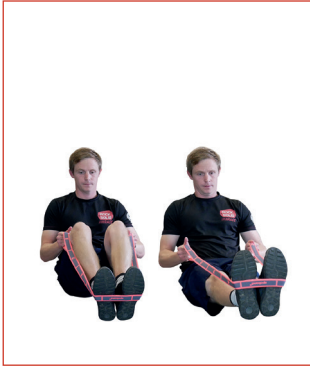
LEGS



Standing Knee Raises



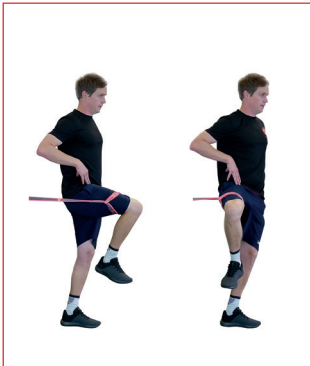
Resisted Leg Presses



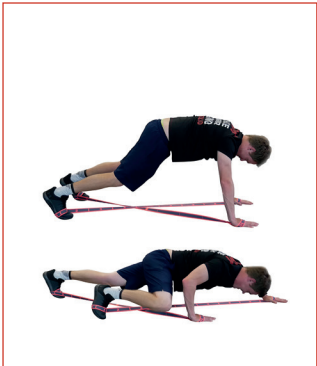
Lateral Leg Raises



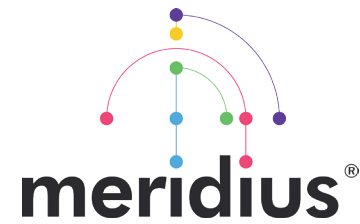
Lateral Leg Rotations



Spiderman Walks



Leg Extensions



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Meridius SpoBand®

a complete guide on how to take your fitness to
the next level with resistance band training

meridiusmedical.com

ARMS

BACK & CHEST



An Entire Gym in Your Hand

You don't need to use bulky gym equipment to make your muscles work hard. In fact, you don't need a gym at all.

Resistance bands offer an entire workout with as many variations as you can think of, so you'll never plateau.

While cheap resistance bands only offer one resistance level, our SpoBand® has 9 loops so you can change the resistance to suit your workout.

Perfect for strength and full body conditioning, the SpoBand® is an ideal workout companion. Adding resistance even to your usual workout means higher calorie-burn and greater rewards.

Don't compromise those gains while you're away on holiday. The SpoBand® is small, so you can take it with you wherever you go.

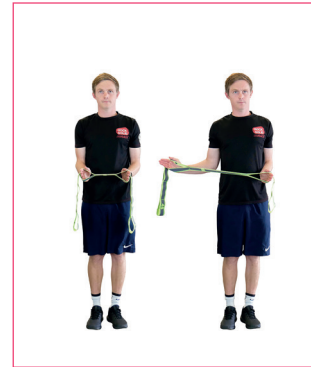
Recommended sizes:

- SpoBand 20 - 1.6 to 4.7 kg - children & elderly
- SpoBand 25 - 2.0 to 5.3 kg - adult females
- SpoBand 30 - 2.6 to 6.3 kg - adult males
- SpoBand 35 - 2.8 to 7.7 kg - adult females
- SpoBand 45 - 3.7 to 8.0 kg - adult males
- SpoBand 55 - 4.2 to 10 kg - sportspeople

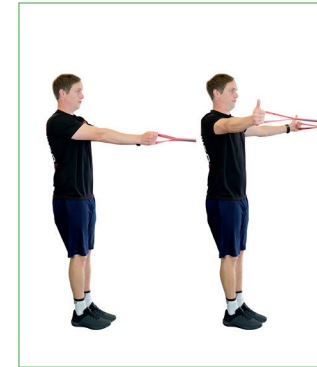
Overhead Tricep Extensions



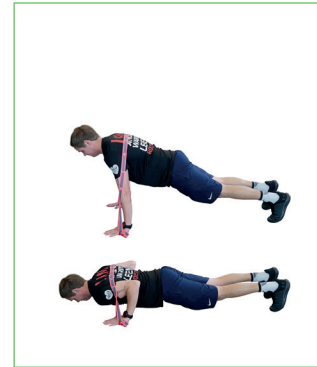
Resisted External Rotations



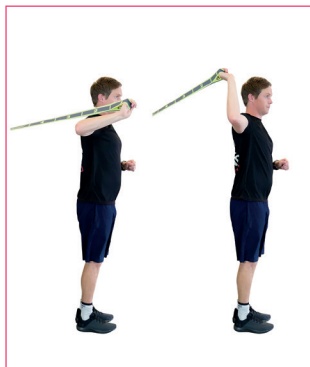
Chest Flies



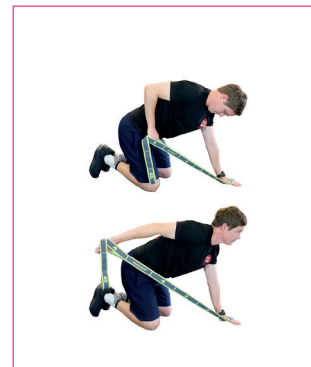
Resisted Push-ups



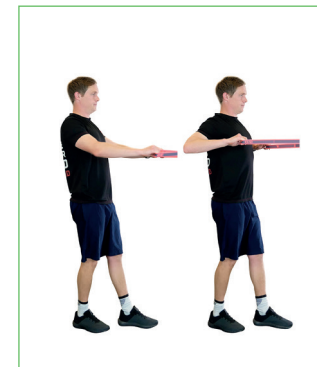
Scarecrow Rotations



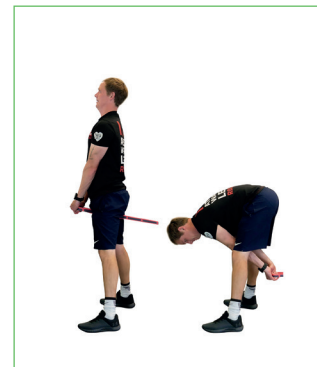
Tricep Kickbacks



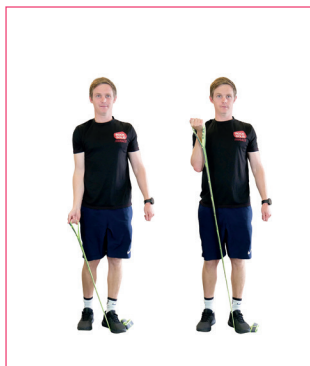
Resisted Pull Through



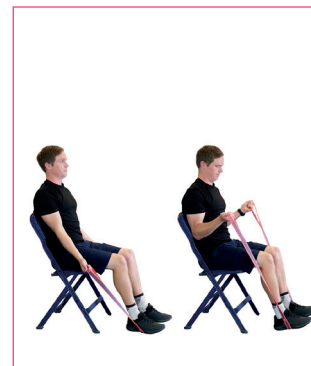
Reverse Pull Through



Alternate Bicep Curls



Bicep Curls



Resisted Deadlifts



Triceps Pushdown

