LATEX EXERCISER RING HEAVY (BLUE)

SPECIFICATIONS :

- This expander ring offers effective strength-training. Workout your arms, back, shoulders, legs, and butt, all at once with mobility band
- Colour-Blue (Heavy : 208 x 0.45 x 3.2 cm) Resistance: 50 - 70 Lbs.
- This is a perfect tool to help you with your pull ups, dips or muscle-ups.
- Usually do not require a partner to support you.

