* MADE FOR ALL FITNESS LEVELS: Whether you're a beginner or expert, the resitance variety of the bands will give you an intense workout. Bands Included: Yellow (2-4 lbs.), Green (4-6 lbs.), Blue (10-12 lbs.), Red (15-20 lbs.) and Black (25-30 lbs.). This stackable set of resistance bands can produce up to 75 LBS and 31 combination of different weight resistance!
* PREMIUM QUALITY: These bands are manufactured with the high quality materiels and technology. Made from high-quality rubber for long-lasting durability. The bands clip on the each attachement ensuring a secure and efficient workout. Features a metal clipping system on bands for attachment to soft-grip handles or ankle straps
* CONVENIENCE: Get a workout whenever and wherevery. The perfect addtition to your home gym or when traveling.
* VERSATILE: The bands are the perfect solution for a variety of different routines: P90x, strength training, cardio, stretching, injury prevention, and injury rehavilitiation.
* LIFETIME GUARANTEE: These bands are built to last and if they're is a ever a problem with them, just send them back and receive a new set.

**Be efficient with the EfficientSports Resistance Band Set. EfficientSports is the leading fitness brand whose sole purpose is to provide you with the best equipment that pushes you closer to your fitness goals.**

**1. Efficient Sports resistance bands are made from the highest quality, giving you the ability to push yourself like never before. These bands are perfect for a quick workout or incorporate these bands with P90X. The bands can be stacked in order to increase and maximize resistance.**

**2. Each of the five bands comes with a different level of resistance for easily customizing the intensity of your routine. Each band's distinct color makes it easy to quickly locate the desired band. Start with a lower resistance, then work your way up as you build strength.**

**3. The resistance bands' uniquely stackable design means you can use any combination of bands simultaneously (without the annoyance of multiple handles). This allows for customized resistance, including the highest level of resistance possible. Compared to traditional sets, the EfficientSports resistance band set offers a wider range of resistance, making it the perfect choice for beginning to advanced workouts. Made of high-quality rubber, the resistance bands provide long-lasting, reliable strength for maximum safety, confidence, and performance.**

**4. EfficientSports resistance band set includes an array of useful accessories for customizing your workout. The two, cushioned foam handles can be clipped from band to band, offering a comfortable grip during upper-body workouts, while the ankle straps allow for effectively working the legs.**