

CRANKFIT

DON'T JUST TALK ABOUT IT

WORKOUT ANYWHERE

with LapellCrank

This hard core CrankFit Workout DVD incorporates the use of resistance bands to achieve firming and toning of all the muscles with maximum efficiency and with tremendous speed

www.LapellCrank.com

All Rights Reserved. Copyright 2014

CrankFit Resistance Bands

are an ideal workout for travelers, injured athletes and anyone who does not have room for a large weight set in their home.

Light weight, compact resistance bands are easily stored and can be carried with you anywhere, anytime for a **CrankFit** workout.

You can use them to give any major muscle group an intense workout or for rehab on a bad shoulders, elbows, and knees.

CrankFit Resistance Bands will quickly become your go to apparatus for home and away exercise.

Features

5 Colored Bands

Yellow (6-8lb resistance)

Green (9-11lb resistance)

Red (12-14 lb resistance)

Blue (15-18lb resistance)

Black (22 lb resistance)

2 Ankle Straps

2 Handle Attachments

1 Door Anchor

All bands are 48' long

*Heavy Duty Metal Clips