# PRODUCT SPECIFICATIONS

***Exercise Band LIGHT***

**Code: 28066**

**MRP : 385.00**

T.P.E Exercise Band Light Resistance

Like free weights or weight machines, resistance bands provide a force against which your muscles must work. This action causes muscles to contract, which stimulates bone as well as muscle growth.

Johns Hopkins Medicine recommends the use of resistance bands as one of the safest methods to increase bone strength and help prevent osteoporosis.