



## What are Band-ITS?

Band-ITS is a simple and yet fully independent resistance training tool, requiring no extra adjuncts or tether points to use it. All you need is yourself and the will to improve.

### **Band-ITS can be used by:**

- Any age - from the young to the elderly, large to small.
- Any fitness level - elite to rehab
- Anywhere - inside or out, from your lounge to the beach, gym or hospital
- With anyone - in groups, with friends or alone

This really is the height in versatility for accentuating your training programme.

### **How will BAND-ITS help me?**

- Do you want to excel in your chosen sport?
- Do you want stronger hips and core?
- Do you desire better balance and confidence in movement?
- Are you returning from injury and want to get back in the game?

If you have answered yes to any of these questions then Band-ITS is for you.

This training system is designed to benefit every individual from the elite athlete through to early level injury rehab helping you to find the edge and achieve your personal goals.

### **Band-ITS Benefits for you:**

- Strengthen and stabilise the lower limbs with special focus on hips, pelvis and core.
- Maximise jump height and stride length for running
- Accentuate dynamic flexibility
- Strengthen high kicks and leaps
- Improve confidence in balance and stability
- Find your winning streak in the next athletics carnival or dance festival



### **Band-ITS benefits:**

- 5 different resistance strengths to accommodate different size clients and requirements
- Attachment security: it doesn't ride up the thighs or dig into the skin.
- Longevity; the bands and metal attachment clips don't snap after a few weeks of home use
- Affordability; the equipment is economical for both the gym and client for home use.
- Portable; the kit is small, lightweight and easily transportable.
- Functional; full body dynamic motion can be trained effectively with the use of the upper and lower body straps combined.
- Independent attachment; no need to tie bands to the door knob or bed post, the equipment is attached to the client. Nothing else is required.

### **Band-ITS Training benefits:**

- 3D movement ability and variation with position in space
- Incorporate Band-ITS into your current fitness program, enhance your performance without increasing training time or adding extra sessions to your current schedule.
- Resistance can be applied in gravity neutral positions to assist in training rotation.
- Instant results felt from neuromuscular upregulation.

### **Band-ITS has already achieved great results with:**

- Barre classes; the upper limb kit is ideal for adding graded resistance, and attaches safely to the Barre.
- Pilates mat classes; the ease of leg attachment means resistance can be used in all positions from prone to standing to training the hip and pelvis.
- Personal training; full body training programme both in and outdoors with affordable home rehab carryover for more sessions during the week.
- Dance physiotherapy; improving pelvic and hip control and achieving higher retire and développé.
- Soccer; use in training sessions and pre-game to improve kick strength and running power.

Contact us with any questions you may have about how this product may help your exercise or business.