

SKLZ Self-Guided Exercise Fitness Kit with Yoga Stability Ball, Resistance Bands, and Exercise Mat



SKLZ Self-Guided Fitness Kit: Includes stability ball, fitness mat, two fitness cables and air pump Printed exercises on mat and stability ball Total body strengthening and conditioning Includes sets, reps, workout times and muscle areas being targeted Kit acts as your own personal trainer Allows you to exercise virtually anywhere Each tool built to withstand the hardest of workouts

Rating: Not Rated Yet

Price
52,90 €

Discount -12,00 €

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Manufacturer [SKLZ](#)

Description Train Smart with SKLZ Self-Guided Exercise Kit With exercises and clear visuals printed directly on it, the self-guided fitness kit features a training mat and stability ball that show you the muscles being targeted for a more complete, efficient, full-body training sessions. Designed by EXOS, the leader in human performance, these exercises are the same ones some of the world's leading athletes use to increase their fitness and performance. What exactly is in SKLZ Fitness Kit? The SKLZ Self-Guided Exercise Kit includes one stability ball with pump, two sets of fitness cables and a training mat. Flatten your abs, increase your lean muscle mass and improve your core strength and stability. Once you have mastered the self-guided mat and ball, challenge yourself by incorporating the Fitness Cables into your workout and take your training to the next level. Designed by professional fitness trainers, this kit is like a personal trainer in a box. Build Strength and Stability with SKLZ Trainer Mat The SKLZ Training Mat provides 21 essential movements to build strength and stability. Each exercise is laser printed onto the mat, so you essentially have your workout routine right in front of you. This not only allows for a seamless fitness routine, but allows you to change up your workouts in the blink of an eye. Craft your core with SKLZ Stability Ball The SKLZ Stability Ball also has exercises printed on the ball to engage core muscles and maximize flexibility. The ball provides more well-rounded results because of the diverse set of muscles being targeted. The Training Ball provides a full-body workout that flattens abs, increases muscle performance and improves your core strength and stability. Two Bands, Multiple Workouts The versatile SKLZ Fitness Kit offers two types of resistance bands. One 3.5' light fitness cables and one 4' medium fitness cable. The two cables offer a range of resistance for varying levels of skills and exercises. The bands offer an entire range of motion for the total body training regimen. These cables are built to last through even your toughest workouts. SKLZ: Giving you the tools for success

Reviews

There are yet no reviews for this product.