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SPOBAND



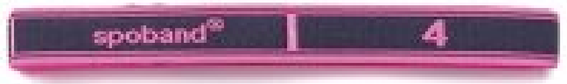
Rp.270.000



Rp.280.000



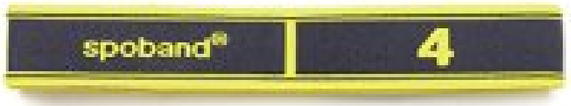
Rp.300.000



Rp.320.000



Rp.340.000



Rp.360.000



Rp.380.000





당신의 퍼스널트레이너

6등급의 스포밴드가 당신의 몸매를 책임집니다.



spoband

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spoband

An elastic resistance band that delivers the best in muscle toning, posture correction, weight loss exercise, rehabilitation exercise, and core workouts, anytime and anywhere.





6가지 타입으로
내 몸에 맞게 선택 할 수 있습니다!



20 25 30



35 45 55



Core Exercise

Stretch, Rehabilitation, Yoga, Pilates, Aerobics



Strengthening

Stretch, Rehabilitation, Hard Training, Balance Exercise

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A+nyone nywhere nytime

With spoband

Diet Pilates Yoga Training





Point

다른 소도구와 비교 할 수 없는 이유?



1 Great Durability

Unlike most resistance bands, the Spoband is made with sturdy fibers that protect against ripping and tearing.

2 Conveniently Portable

No more heavy, bulky barbells and weights. With the space-efficient Spoband, you can easily work out at your convenience.

3 Easy Intensity Adjustment

The numbers displayed on the surface of the Spoband indicate the intensity of the workout, up to level 9, so that you can easily monitor and adjust the intensity for an optimal session

4 Grip Feature

The Spoband comes with nine rings that can grip ontodoor frames, furniture, or your body without any need for additional accessories, giving you the freedom to access a wide variety of different exercises



SPOBAND Elastic Strength

tretching, strengthening, useful

SPOBAND MINI













SPOBAND Elastic Strength

tretching, strengthening, useful











LEVEL 1

SPOBAND 20



UKURAN: 1,100 MM X 20 MM X 5 MM

OBJECT: CHILDREN, OLD MAN, PATIENT

FIELD: STRETCH, REHABILITATION, YOGA, PILATES, AEROBICS, G.X

BERAT: 1.6 KG ~ 4.7 KG

Level 1

spoband 20

Size: 1,100mm x 20mm x 5mm

Object: Children, Old man, Patient

Field: Stretch, Rehabilitation, Yoga, Pilates, Aerobics, G.X



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Level 2

spoband 25

Size: 1,100mm x 25mm x 5mm

Object: Woman

Field: Stretch, Rehabilitation, Yoga, Pilates, Aerobics, G.X



Level 3

spoband 30

Size: 1,100mm x 30mm x 5mm

Object: Man

Field: Stretch, Rehabilitation, Yoga, Pilates, Aerobics, G.X



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Level 4

spoband 35

Size: 1,100mm x 35mm x 5mm
Object: Woman
Field: Stretch, Rehabilitation, Hard Training, Balance Exercise





Level 5

spoband 45

Size: 1,100mm x 45mm x 5mm
Object: Woman, Man
Field: Stretch, Rehabilitation, Hard Training, Balance Exercise





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Level 6

spoband 55

Size: 1,100mm x 55mm x 5mm

Object: Man, Athlete, Expert

Field: Stretch, Rehabilitation, Hard Training, Balance Exercise



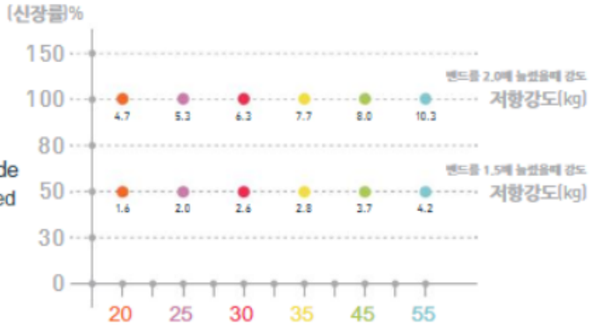
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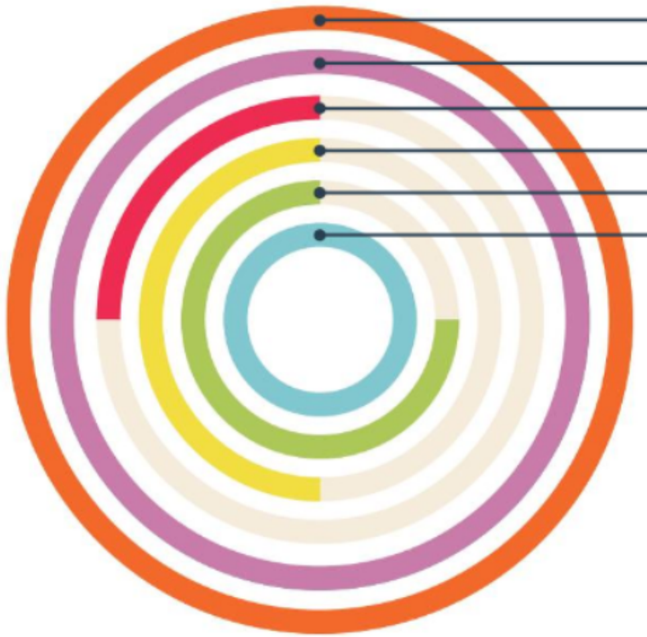
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spoband Elastic Strength

spoband Level resistance

Spoband comes with 6 different levels of resistance level, 20, 25, 30, 35, 45, and 55. Each resistance level aims to provide The resistance level can be measured by measuring the expanded length from the initial point to the maximum stretch point. This 'Expansion rate (%)' displays the amount of resistance that can be countered when using the band.





20 1.6~4.7 kg Children, Old man, Patient

25 2.0~5.3 kg Adult woman

30 2.6~6.3 kg Adult man

35 2.8~7.7 kg Adult woman

45 3.7~8.0 kg Adult man

55 4.2~10 kg Adult man, Athlete, Expert

20,25,30

Stretch, Rehabilitation, Yoga, Pilates, Aerobics

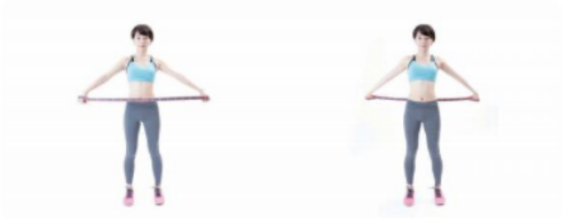
35,45,55

Stretch, Rehabilitation, Hard Training, Balance Exercise

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Exercise Method

Core exercises lines



Stretching
1. Hold the grip to the width of your shoulders.
2. Straighten your arms and to not stretch out the band. Rotate above your head.
3. Stop when you reach the 30 degree around the waist. Stretch out even with your thumbs back as much as possible and to ease your shoulders. Hold 10 seconds.
4. Repeat 3 times.



Abduction
1. Put your ankle inside one of the grips of the Spoband, and hold the Spoband with the other stationary foot.
2. Straighten your back, and stand with feet around the width of your shoulder.
3. While the stationary foot is providing a fixed point, slowly raise your leg sidewise.



One Arm Row
1. Hold Spoband with one arm(Ex: Right), fixate the other end of Spoband on opposite foot(Ex: Left).
2. Feets about a one foot apart from front to back, bent your knees and gently put the resting hand(Ex: Left) on your knee.
3. Keep the slight bent posture on your knees and your back. Face forward and while bending downward, try to lock your back straight as possible.
4. Exaggerate and push your chest to the front, pull the band grazing your side. First, pull with the tension on your shoulder first, and then pull with your elbow.



Side band
1. Hold the Spoband with your foot, on the side you are trying to exercise.
2. Adjust your grip in accordance with your strength. Put your other hand on your head.
3. While doing so, feel the contraction and relaxation of external oblique.



Leg Extension
1. Put your ankle inside one of the grips of the Spoband, and hold the Spoband with the other stationary foot.
2. While the stationary foot is providing a fixed point, raise your leg up. If you bend your knee, your knee should come up to the same level with your buttocks. If you raise your straight leg, it will provide more tension.
3. Hold your knee still as much as possible.



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spoband Academy













Patents and Certifications

KIPO
KOREAN INTELLECTUAL PROPERTY OFFICE

Patent No. 20-0470119
Design No. 30-0697885
Brand No. 40-0956622

KSPO
Korea Sports Promotion Foundation

Performance Testing No. KSPO-R-2014-00124
Performance Testing No. KSPO-R-2013-00164
Performance Testing No. KSPO-R-2013-00153

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大賞

Sports Seoul

Sports Seoul (Korea's top sports newspaper)
2014 INNOVATION ENTERPRISE & BRAND
Fitness&Health Sector **Grand Prize**(spoband)

AFIC 2014
AFIC-KOREA

K-BEAUTY EXPO 2014

AFIC(All Fitness International Convention)
2014 AFIC Korea & K-BEAUTY EXPO
Fitness&Diet Sector **Grand Prize**(spoband)

Quality

