FLEXVIT

WELCHE FLEXVIT BANDKATEGORIE IST FÜR MEIN SPEZIELLES TRAINING AM NÜTZLICHSTEN?

JA
NEIN

ZWECK/ANWENDUNG	MINI (STANDARD, YOUTH)	MULTI (STANDARD, YOUTH)	MULTI (NO-STRETCH)	REVOLVE	RESIST	PATBAND	CHAIN
FLEXIBILITÄT/STRETCHING	✗	✓	✓	✗	✗	✓	✓
KRAFTTRAINING	✗	✓	✗	✓	✗	✓	✗
CARDIO TRAINING	✓	✓	✗	✗	✓	✓	✗
BODYFORMING	✓	✓	✓	✓	✗	✓	✗
GANZKÖRPER-WORKOUT	✗	✓	✓	✗	✗	✓	✗
SPRINT/PLYOMETRICS	✗	✗	✗	✗	✓	✓	✗
SLING TRAINING	✗	✗	✓	✗	✗	✗	✗
THERAPIE-TRAINING (REHAB)	✓	✓	✗	✓	✓	✓	✗
SCHMERZREDUKTION	✗	✓	✗	✗	✗	✓	✓
YOGA/PILATES	✗	✗	✓	✗	✗	✓	✗
NEURO (ATHLETIC) TRAINING	✓	✓	✗	✓	✓	✓	✗
PARTNERÜBUNGEN	✗	✓	✓	✗	✓	✓	✗