

ROOM ACCESSORIES



SUSPENSION TRAINING, CABLE SYSTEM TNT

LLU-2-TNTS-4

- The Cable System is proven to be better than weights for developing size, strength and power, according to Kevin Pasquay, Performance Director at the Sports Science Center
- Work your arms and shoulders with uppercuts, bicep curls and frontal raises
- Then, build your lower body strength with lunges and squat presses
- Our door anchor and belt (belt sold separately) can expand your fitness routine with lunges, hamstring extensions, ab exercises, resistance running and more
- Need to modify the intensity of your workouts? You can easily vary the number of cables used- or switch them out with a new set
- Now, get the new TNT DVD included for FREE when you buy a TNT System! The 90 minute DVD takes you through a comprehensive series of full-body functional movements and training progressions



IN THE BOX

Includes:

- Three 5 ft. cables (40lbs. peak resistance each)
- Two 3-in-1 ergonomically designed triple grip handles

- One heavy-duty door anchor
- One instructional DVD with brochure by fitness expert, Jon Hinds

