

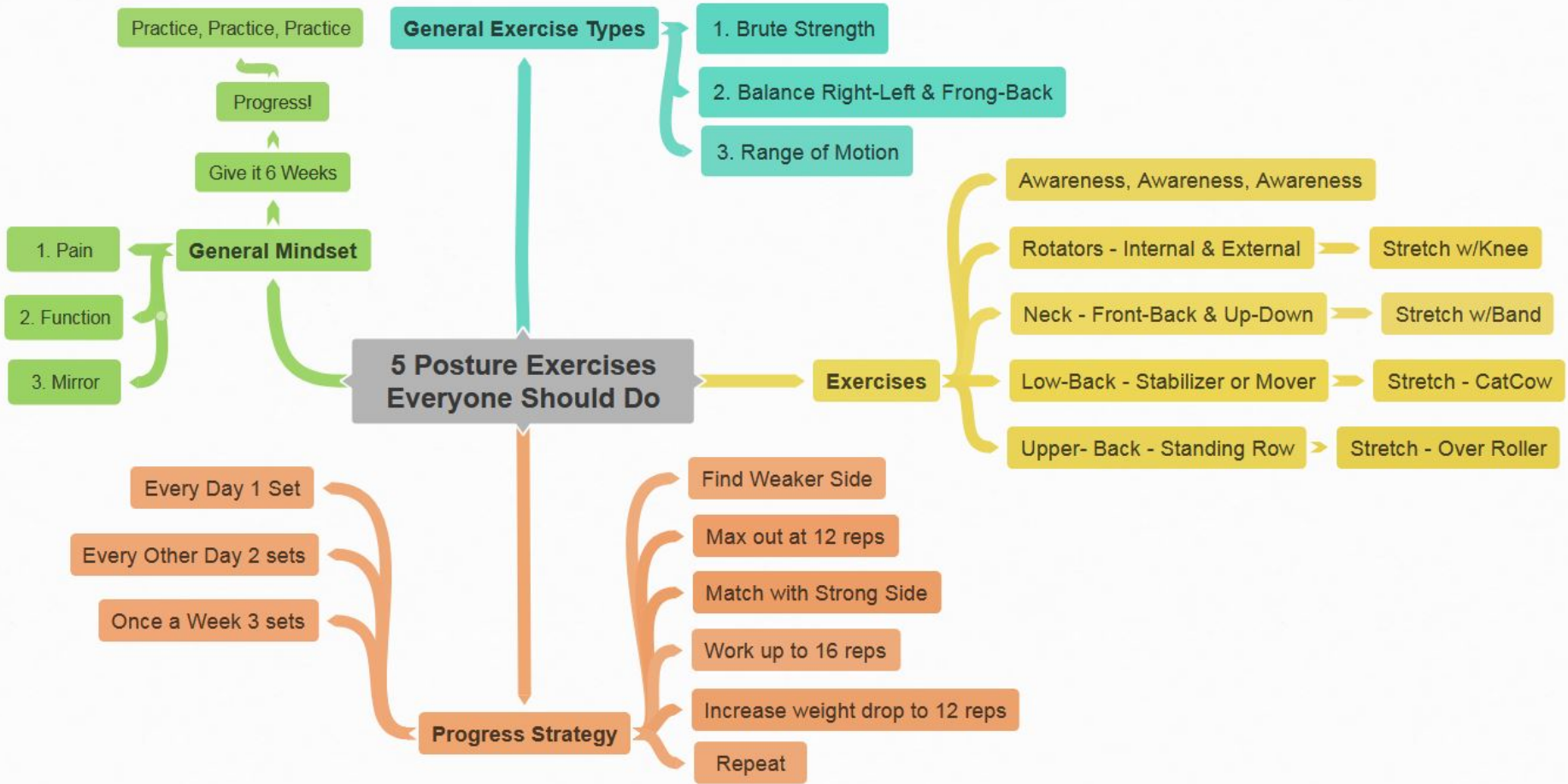
5 Posture Exercises Everyone Should Do

How's your
posture?



By Dimitri Larno

Certified Fascial Stretch Therapist
Certified Personal Trainer



External Rotator



Internal Rotator



External Rotator Stretch



Neck – Front-back



Neck – Up-down



Low-Back (mobility and strength)



Standing Cat-Cow



Upper Back (standing row)



Stretch over roller



Flat band 6"x 5'



Roll over image to zoom in

URBNFit Long Fitness Bands (5 Ft) w/Door Anchor - 3 Pack of Resistance Bands for Stretching, Workouts, Rehabilitation

by URBNFit

★★★★★ 403 ratings | 11 answered questions

Price: \$12.99 ✓prime & FREE Returns

Arrives before Christmas.

- These long fitness bands get glowing reviews from all customers that use them. At URBNFit we pride ourselves in having only the best products and customer service so you can have peace of mind buying from us... So stop searching!
- Each flat stretch band is made of ultra-durable latex rubber that will not break or weaken over time. We guarantee its durability or your money back. No questions asked!
- People use exercise bands for exercise videos, increasing strength, flexibility and rehabbing after an injury. Use them for Pilates, Yoga, or one of the many exercise videos you can download online. Exercise bands are portable and lightweight for travel too!
- Each resistance band is 5 feet long and wider than most bands on Amazon. As your strength improves, use the thicker harder band. Then double them up for even more resistance. Use the included door anchor for more exercises.
- We care about our customers reaching their fitness goals. If you have any issues with your Muscle Roller, get in touch and we'll be happy to make it right.

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Thank you 😊