

Shoulder Resistance Harness **\$92.99**

<https://www.dunriteplaygrounds.com/store2/24434-1143584-Shoulder-Resistance-Harness>

Product Image



Description

Supplement team workouts with resistance training using the Port a Pit Shoulder Resistance Harness. Designed to improve strength and stamina, the harness can be used as a 2-person exercise to help athletes improve their running form and gain the power they need to execute blocks and tackles and to exert explosive power during games. Pair teammates up and have them trade off wearing the adjustable harness and holding the handle with 10 ft. long resistance belt, which hinders activity, so athletes have to exert full force to move.

- Adjustable waist belt allows a secure fit
- Built-in handle on the 10 ft. resistance belt provides a strong, secure grip
- Convenient bag makes the harness easy to carry from the locker room to the field
- Paired exercise gives both athletes a workout as they trade off wearing the harness and holding the belt
- Resistance training gives athletes a chance to work on proper running form

Specifications:

- Activity: Training
- Brand: Port a Pit
- Color: Black
- Product Weight: 1 lb.

Brand:Port a Pit
Special Warranty:1 Year
Unit:EA
Shipment Type:Small Pack