

Starting 2024:  
SISSEL® Octocore  
Workshops\*

NEW



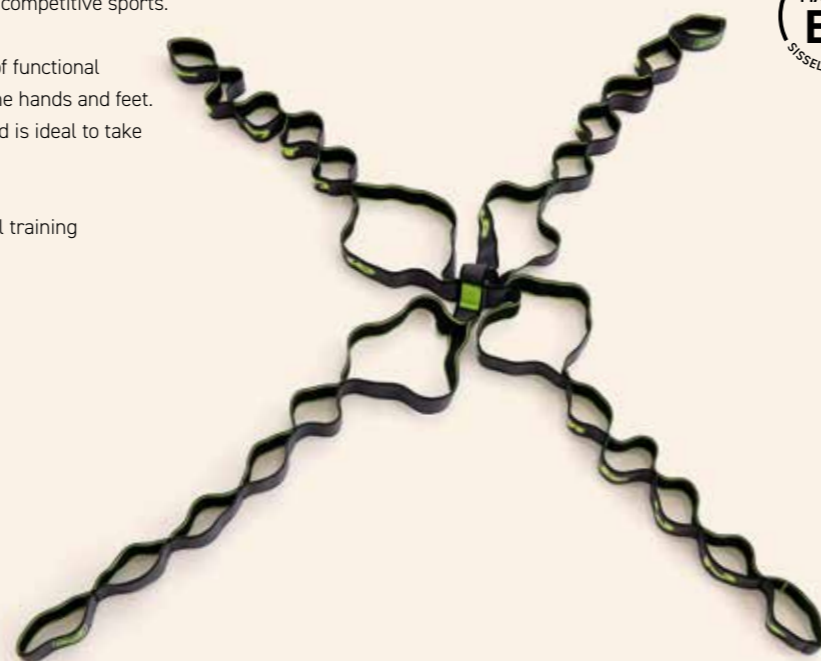
### SISSEL® OCTOCORE

The SISSEL® OCTOCORE is a 3D elastic band in X-shape that offers versatile and effective support during training. It offers individual adjustment possibilities and enables holistic training for user groups from rehabilitation to competitive sports.

The numbered, integrated loops allow for extensive variation of functional training without the need to knot the band or wrap it around the hands and feet. In addition, it can be used as a support for Pilates and Yoga and is ideal to take along on trips.

- X-shaped, elastic loop band for holistic and multi-dimensional training
- dimensions: approx. 190 x 190 cm
- material: 39 % Nylon, 35 % Polyester, 26 % Latex
- colour: Anthrazit, Yellow

ITEM NUMBER	ATTRIBUTES
163.303	SISSEL® Octocore



\* Find out more at  
sissel-academy.com

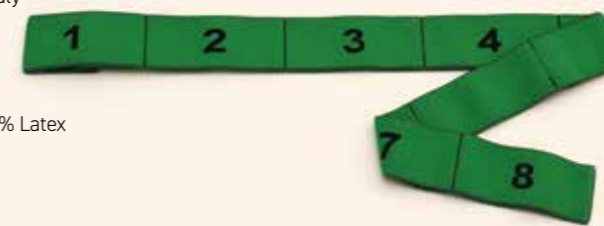


### SISSEL® X-TENSION BAND

Elastic textile band with 8 loops for varied training!

- for varied fitness and strength training of all muscle groups
- 8 numbered loops offer a simple and quick variation of the exercises
- 3 different tensile strengths allow effective training in every performance range
- suitable for stretching and warming up before training sessions
- durable, dimensionally stable, skin-friendly
- includes exercise poster
- washable at 30 °C
- length: approx. 104 cm (8 loops à 13 cm)
- material: 39 % Nylon, 35 % Polyester, 26 % Latex

ITEM NUMBER	ATTRIBUTES
163.300	SISSEL® X-Tension Band, yellow, light
163.301	SISSEL® X-Tension Band, red, medium
163.302	SISSEL® X-Tension Band, green, strong



YouTube



### SISSEL® X-TENSION RING SET

Elastic textile bands for varied training!

- 3 different tensile strengths allow effective training in every performance range
- for varied, targeted training of small muscle chains and individual muscles of the entire body
- durable, dimensionally stable, skin-friendly
- set consisting of 3 SISSEL® X-Tension Ring with different tensile strengths: light (7 kg), medium (10 kg), strong (15 kg)
- includes exercise poster
- washable at 30 °C
- length: approx. 33 cm
- material: 39 % Nylon, 35 % polyester, 26 % latex

ITEM NUMBER	ATTRIBUTES
163.311	SISSEL® X-Tension Ring Set



YouTube

