

PURPOSE/APPLICATION	MINI (STANDARD, YOUTH)	MULTI (STANDARD, YOUTH)	MULTI (NO-STRETCH)	REVOLVE	RESIST	PATBAND	CHAIN
FLEXIBILITY/STRETCHING >	X	✓	✓	X	X	✓	✓
STRENGTH TRAINING >	X	✓	X	✓	X	✓	X
CARDIO TRAINING >	✓	✓	X	X	✓	✓	X
BODYFORMING >	✓	✓	✓	✓	X	✓	X
WHOLE BODY WORKOUT >	X	✓	✓	X	X	✓	X
SPRINT/PLYOMETRICS >	X	X	X	X	✓	✓	X
SLING TRAINING >	X	X	✓	X	X	X	X
REHAB TRAINING >	✓	✓	X	✓	✓	✓	X
PAIN REDUCTION >	X	✓	X	X	X	✓	✓
YOGA/PILATES >	X	X	✓	X	X	✓	X
NEURO (ATHLETIC) TRAINING >	✓	✓	X	✓	✓	✓	X
PARTNER EXERCISES >	X	✓	✓	X	✓	✓	X