



Aquatic Disc Thera-Band®

Improves balance. Strengthens the upper body and develops stability.

Product description:

The TheraBand closed chain buoyancy disk is the ideal swim training device for teaching children to swim or making pool workouts more challenging. This foam disc has straps that attach securely to hands or feet to offer unlimited exercise possibilities, replacing pool fitness equipment such as the float board and water weights. Add this floating resistance device to make low-impact water exercise more challenging or add buoyancy to the upper or lower body during swim training.

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